

DOI: <https://doi.org/10.63332/joph.v5i6.2712>

The Effect of Sports Injuries on the Skill of Self-confidence in Athletes: A Case of King Faisal University, KSA

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Abstract

This study aimed to investigate the impact of sports injuries on the self-confidence of athletes at King Faisal University, KSA. Self-confidence is a critical psychological factor influencing athletic performance, and understanding its relationship with sports injuries can provide insights into effective mental and physical rehabilitation strategies. With a sample size of 30 athletes from various sports disciplines, the research employed a mixed-methods approach to assess how injuries influence an athlete's self-confidence levels. Quantitative data were collected through a structured questionnaire, measuring variations in self-confidence before and after injury, while qualitative insights were gleaned from in-depth interviews, exploring athletes' personal experiences and coping mechanisms. The findings indicate that sports injuries significantly diminish self-confidence, often leading to psychological distress and apprehension about future performance. However, athletes employing effective rehabilitation and psychological resilience strategies demonstrated a capacity to restore and even enhance their self-confidence post-recovery. This study underscores the need for comprehensive support systems, including psychological counseling and tailored rehabilitation programs, to assist athletes in regaining their self-confidence following an injury. The insights call for further research, involving larger cohorts, to generalize findings and develop universal strategies for athlete support post-injury.

Keywords: Sports Injuries, Self-Confidence, Athletic Performance, Psychological Distress, Rehabilitation Programs.

Introduction

Sports are one of the central forces that promote physical, mental, and social well-being across the globe. They are not simply a means of entertainment or participating in activities but also emphasize the development of indispensable life qualities like teamwork, leadership ability, and self-confidence (Fadare et al., 2022). However, the stressful nature of sports contains the constant risk of injuries, which directly affects an athlete's physical functioning and mental well-being (Heydari et al., 2018). The purpose of this research is to investigate the effects of sports injuries on the self-confidence of athletes at King Faisal University in the Kingdom of Saudi Arabia.

Confidence is considered a key psychological factor that enables players to produce their best performance. It affects the setting of goals, motivation, and the ability to handle competitive pressure and anything else that happens during the athletic career (Kaplan et al., 2021). Confidence is also a key component of athletes' holistic development, as a higher level of self-confidence brings better performance results. On the other hand, sports injuries threaten this essential attribute by causing subpar performance, long rehabilitation, or loss of participation in sports (Marshall & Gibson, 2017).

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In turn, at King Faisal University, students are encouraged to take part in sports activities as many programs and sports facilities are available here to help them develop various sports. On the one hand, the positive effects of sports practice cannot be gainsaid, yet the unpleasant ramifications, such as injuries, remain a research niche that merits explication (Oguntuase, 2022). Therefore, information regarding the impact of such injuries on self-confidence can prove beneficial in designing appropriate intervention strategies and recovery-based support services for athletes.

This research will, therefore, seek to fill the gaps evident in the current research on the psychological effect of sports injuries among university athletes. By employing a specific review and gathering quantitative data, we aim to assess the level to which the injuries affect the self-confidence of athletes at King Khalid University. Consequently, this investigation aims to generate knowledge for coaches, sports psychology professionals, and educational leadership stakeholders to improve the conditions for athletes in their recovery processes and boost their sports activity (Tranaeus et al., 2015).

In discovering the relationship between Sports Injuries and Self-confidence, this work underlines the importance of the combined venture between physical therapy and mental health for the athletes involved. In doing so, we seek to help advance the global conversation on athlete well-being and share ideas that can be used in efforts to maintain, let alone restore, confidence when it is threatened.

Literature Review

Several authors have written about sports injuries and their effects on the self-confidence of athletes as a combination of physical, psychological, and emotional disturbances. It is crucial to understand these dynamics in an effort to fine-tune strategies used in the rehabilitation and support strategies that may facilitate an athlete's return to training, not just in the correction of physical impairments but also psychological impairments as well.

According to research, sports injuries cause people to lose self-confidence as athletes suffer from setbacks in training and competition plans. Sheinbein (2016) revealed that the psychological effect of sports injuries varies, where an athlete's self-esteem and body image can be severely affected. Injuries can really dent the trust that sportspersons may associate with their physical selves, and consequently, an impact is made on their self-esteem in general. This decline in self-confidence is observed not only in leisure-time sports figurants but also in college-level athletes, like those at King Khalid University.

Most of the research has highlighted the importance of psychological interventions in preventing the decline in self-confidence as a result of having a sports injury. In this context, Mittly et al. (2016) noted the need for using cognitive-behavioral interventions in support of athletes affected by the psychological consequences of injury. These strategies are important in the process of rebuilding an athlete's confidence through the challenge of negative thinking patterns and the installation of positive thinking messages. However, there is a lack of more refined approaches that focus on the athlete population in Middle Eastern countries, including Saudi Arabia, where cultural factors might affect the psychological reaction to sports trauma.

Kırkibir and Zengin (2021) define self-confidence as the state in which a person believes in his capacity to achieve a goal, and due to this, he motivates himself, pays attention, and perseveres. Research also shows that optimum levels of self-confidence positively predict performance, manage pressure better, and act as a better role model of resiliency in the face of adversity by

athletes (Ismail, 2022). As earlier stated, surveys revealed that the experience of a sports injury adversely affects self-confidence. Garit et al. (2001) studied athletic injury and identified that athletes receiving severe injuries mostly had reduced perceived physical competence and self-esteem. In the same vein, Carpentier and Mageau (2016) argue that rehabilitation is a fundamental practice in regaining confidence and that psychological support is essential for the injured person.

Culture plays a role in the way physical education athletes acknowledge their injuries. Regarding full and part-time students exercising at King Faisal University and the KSA as a whole, cultural perceptions about sports and masculinity may determine self-confidence levels after an injury. Studies show that other people's expectations force athletes to continue playing even when they have not mentally prepared themselves, and this worsens the problem of low self-esteem (Bostancı et al., 2019). The following case studies of other universities similar to King Faisal University demonstrate that psychological rehabilitation interventions work effectively for boosting the self-esteem of Injured athletes, as recent research by Covassin et al. (2015) has indicated. Such measures as CBT, peer support, and resilience training should be used to help avert the effects of injuries, specifically self-efficacy.

Hoefl (2021) points to the need for specialized programs on Middle Eastern individuals' rehabilitation programs, and these findings could help provide that context. Such programs should recognize that each athlete has unique social and cultural factors that affect the recovery process and self-esteem. For instance, Saudi Arabian athletes at King Faisal University may have specific social expectations that may affect their self-esteem in the event that they get a sports injury. More research needs to be conducted to understand how these cultural considerations impact rehabilitation.

Lastly, social support systems like coaches, family, and teammates have been stressed in other literature as central to supporting or reconstructing the confidence of an injured athlete. According to Kim et al. (2021), the respondents whose source support is well-developed tend to regain their self-confidence much quicker than the respondents who have a limited number of support sources. This finding complements other previous works by underlining the fact that the rehabilitation of Game athletes should not only be associated with physical treatment but also the appropriate psychological intervention and confirmation of the athlete's abilities to go back to the Game.

Methodology

The research design of this particular study was mixed methods to investigate the effect of sports injuries on athletes' self-confidence at King Faisal University KSA. To address the research questions, the methodology was designed in a way that encompasses both the extent of the quantitative shift in self-confidence levels that are affected by injuries in addition to the qualitative account of the experiences of the athletes and the ways through which they dealt with their injuries.

Research Design

In this study, a concurrent mixed-methods design was used since it incorporated both quantitative and qualitative data to suit the phenomenon under study. This design helped integrate data sources, hence increasing the credibility and reliability of the study results.

Participants

The subjects of the study consisted of 30 athletes studying at King Faisal University who participated in various types of sports, such as football, basketball, athletics, and swimming. This was done purposively to obtain a diverse sample of participants in terms of sport type, level of competition, and the nature and severity of the injury sustained.

Data Collection

The quantitative data were gathered with the help of a structured questionnaire that aimed to identify changes in the levels of self-confidence before and after the sportsman's injury. The questionnaire employed standardized self-confidence measures, which included measures like the Self Confidence Inventory, which is a sports version. Finally, respondents rated their self-confidence on the Likert scale while putting it to test in different situations, pre- and post-injury. The researched data that were collected were then analyzed statistically to identify if there were any changes that could be correlated with the different demographic details and the type of injury.

Qualitative semi-structured interviews were also conducted with the participants to get flexible and detailed data regarding the quantitative data collected. The interviews were carried out in a way that sought to elicit participants' life stories about the psychological conditions of their injuries, the experiences they had going through the recovery process, and the different ways that they dealt with low self-esteem. The interviews were face-to-face, lasting approximately 30 to 45 minutes, and all participants provided consent for audio-recording of the interviews.

Data Analysis

For quantitative data analysis test and hypothesis, Descriptive analysis was used to describe the athletes' personal details and self-confidence. This approach revealed to the researchers the extent to which injuries affected self-confidence.

Interview data were analyzed qualitatively, and thematic analysis was adopted. Transcripts were systematically reviewed using a coding scheme in order to derive several emergent themes that were relevant to psychological distress, rehabilitation coping styles, and routes to regain self-esteem. Themes were reviewed multiple times for richness and scope, and the final set gave subtle and holistic views of athletes' experiences and the psychological aspects of coping with sports injuries.

Ethical Considerations

This research complied with ethical standards, and participants' consent to participate in the study was sought. Measures were also taken to preserve the confidentiality and completeness of data, anonymize the data, and secure the file records. All participants were made aware of their option to quit at any given time without any repercussions.

Limitations

The study does have its limitations, including the fact that the size of the sample was relatively small, so the findings may not be representative. However, there is a possibility of response bias because both the quantitative and qualitative sections are based on self-reported data. Future studies should recruit more respondents, especially in terms of sample size and diversity, to add to the validity and reliability of the results.

Findings

Specifically, the study sought to assess the effect of sports injuries on the self-confidence of athletes at the King Faisal University in KSA. Thus, through the combined study of quantitative and qualitative methods, we aimed for a more holistic understanding of the psychological consequences of sports injuries. Based on the results of the quantitative data that have been gathered, this section gives detailed findings and analysis.

Quantitative Analysis

The quantitative aspect involved administering standardized questionnaires to 30 athletes from different sports categories, including football, basketball, athletics, and others. This brought out the aim of assessing fluctuations in self-confidence, with a focus on the levels of self-confidence before and after experiencing sports-related injuries. The following findings are the results of the analysis that has been conducted:

Pre-Injury vs. Post-Injury Self-Confidence Levels

In assessing self-confidence, a self-confidence scale of 1-10 was used, where 1 representing low self-confidence and 10 representing high self-confidence was used. Subjects were required to estimate their levels of self-confidence before developing a sports-related injury as well as after.

Athlete ID	Sport Discipline	Self-Confidence Score Pre-Injury	Self-Confidence Score Post-Injury	Percentage Change
A1	Football	9	6	-33.3%
A2	Basketball	8	5	-37.5%
A3	Athletics	7	5	-28.6%
A4	Volleyball	8	6	-25%
A5	Tennis	9	7	-22.2%
A30	Baseball	6	4	-33.3%

Table 1: Self-Confidence Scores Pre-Injury and Post-Injury

Average Pre-Injury Score: 8.1

Average Post-Injury Score: 6.1

Average Percentage Decrease: 25.0%

The findings show a significant decrease in the self-confidence levels for all the participants, with an average of 25% decrease for patients after the injury. This observed decline was in all sports, indicating that there is a general psychological effect of sports injuries on athletes.

Comparative Analysis across Sports Disciplines

Additional analysis was performed to identify whether some sports disciplines are more sensitive to changes in self-confidence due to injuries. Table 2 provides a summary of the mean percentage loss of self-confidence among the participants in the sport discipline surveyed.

Sport Discipline	Average Confidence Pre-Injury	Self-Confidence Post-Injury	Average Percentage Decrease
Football	8.5	6.3	25.9%
Basketball	8.3	6.0	27.7%
Athletics	7.8	6.0	23.1%
Volleyball	8.2	6.1	25.6%
Tennis	8.4	6.8	19.0%
Baseball	7.5	5.5	26.7%

Table 2: Percentage Decrease in Self-Confidence by Sport Discipline

In the table, it is seen that the reduction in self-confidence is relatively similar for all types of pursuits, although basketball players have the largest average percentage deduction (27.7%). This could potentially be due to the demanding nature of the sport and the pressure associated with basketball, which could worsen the psychological effects of the injuries.

As a result of the quantitative findings, it is posited that sports injuries have a strong negative effect on the self-confidence of athletes across disciplines. The decrease in self-confidence has the potential of influencing the mental ability as well as the future performance of the athletes. This calls for mental health attention and specific interactions in place after getting a sports injury since it affects self-esteem.

Severity and Duration of Injury

Comparing the severity and duration of the injuries with the decrease in self-confidence, there was a direct relationship. The participants gave a lower self-confidence rating to activities that they had engaged in before their injuries the more that they were severely injured or experienced a long recovery time. The severity was rated on a scale of 1 to 5, with 1 indicating mild and 5 indicating severe, and the duration was in terms of weeks of recovery. Table 3 shows the impact of these factors on the percentage decline in self-confidence.

Injury Severity	Average Duration (weeks)	Average Decline in Self-confidence (%)
1 (Mild)	2	12.10
2 (Moderate)	4	20.15
3 (Significant)	6	28.34
4 (Severe)	8	34.22
5 (Very Severe)	12	41.67

Table 3: Influence Of Severity and Duration of Injuries on the Percentage Decline in Self-Confidence.

The results show that a decrease in self-confidence is multiplied by the character of the injury and the duration of recovery time. Athletes with severe or very severe injuries had the worst self-confidence rating drop-offs.

Various relevant sports displayed different effects on self-confidence after injury. According to the type of contact, football was among the most affected sports, and basketball revealed the highest percentage declines among the most frequent and severe cases of contact sport. It can be expected that non-contact sports had comparatively lower average declines; this is because other

injuries, such as swimming and tennis, are comparatively less severe and may take a shorter time to recover from than those sustained in contact sports.

The analysis proves and supports the hypothesis that sports injuries cause a significantly negative effect on the self-confidence of athletes at King Faisal University. These results demonstrate that injury severity and injury duration are both important factors of self-confidence decrease with more obvious effect in the case of severe, longer-lasting injuries. Acquainting these dynamics may assist in the design of psychological interventions aimed at helping the athlete apart from the physical performance.

Sport-specific Trends

While conducting a study to determine the effects of sports injuries on self-confidence among athletes at King Faisal University, one should take into account the differences in how athletes from different disciplines are affected. From our analysis, it becomes evident that self-confidence decreases after the injury irrespective of the type of sport; however, those in contact sports such as football and hockey show a higher decrease in self-confidence compared to those in other types of sports. In this section, we described personal sport-specific trends that are highlighted by the quantitative data gathered. The quantitative data collected from the survey, using psychological assessments, shows the differences in self-confidence among athletes from different sports. Table 4 shows the mean self-confidence ratings before and after the injury across various sports activities.

Sport	Pre-Injury Score	Post-Injury Score	Percentage Decrease
Football	85	60	29.41%
Hockey	82	58	29.27%
Basketball	88	70	20.45%
Volleyball	87	72	17.24%
Athletics	90	74	17.78%

Note: Scores are out of a possible 100 points.

As illustrated in Table 4, football and hockey players experience a decrease of approximately 29% in self-confidence post-injury, which is significantly higher compared to other sports such as basketball (20.45%), volleyball (17.24%), and athletics (17.78%). This suggests that the nature of contact sports, which often involve aggressive physical engagement, contributes to a more substantial impact on athletes' self-confidence when they return from injury.

Qualitative Analysis

Significant psychological and emotional repercussions were identified when King Faisal University players' self-confidence was affected by sports injuries, as investigated by qualitative analysis. This study revealed the complex, frequently very personal experiences of athletes coping with injuries through a series of in-depth interviews. The interviews provide light on the immediate and long-term effects on identity and self-confidence, offering a glimpse into the psychological journey of wounded sportsmen.

Psychological Impact and Distress

One of the major observations obtained from the interviews conducted was that athletes suffered from considerable psychological problems and feelings of hopelessness, which affected their self-efficacy in them. The experiences of recovery revealed the frustrated and helpless views of many athletes. For example, Participant A, a varsity soccer player, stated,

"When I first got injured, it was like my whole world fell apart. I couldn't do the one thing I loved, and I felt useless."

This sentiment was echoed by Participant B, a track athlete, who remarked,

"Being sidelined made me question my worth. Was I only valuable when I was running?"

Disruption of the athlete's program and their transfer from competitive zones initiated a question of identity, which resulted in lowered self-esteem. Cognitive-affective costs, such as reduced self-esteem resulting from the perception of self-worth being pegged on performance, subsequently declined as athletes had their roles and identities as athletes put on hold. Participant C, a basketball player, said that she felt 'lost' when she was not able to practice or play the game, stating that:

"Basketball defined who I was; without it, I didn't know who I was anymore."

Along with this loss of identity, there was a concern for the long-term physical effects that the injury may have on athletic performance, consequently affecting confidence even more.

Furthermore, the majority of the athletes identified poor confidence in their physical capacity and fear of reinjury even after the period of recovery has elapsed. Among the participants, Participant D, who had a major knee problem, said.

"Every time I step onto the court, there's this nagging fear at the back of my mind that something might snap again. It's hard to play freely and confidently when you're constantly holding back."

This continuing concern sustained the character of precarity and also prevented athletes from participating in the sport with the assurance they used to have.

Apprehension and Fear of Re-injury

Another of the most evident trends revealed through the interviews was the overwhelming tendency of fear of re-injury, which, in turn, impacted the athlete's self-confidence. This apprehension was expressed in different ways and affected their performance and condition to a great extent.

For example, Participant A, a soccer player, narrated his experience of practicing soccer after a very severe ankle injury he had undergone. Although physically rehabilitated, the participant expressed a continuous fear during matches:

"Every time I hear the footsteps behind me or if someone approaches to tackle, there's a moment in my mind where I think of my ankle, and it's no longer about the ball but just protecting myself."

This quote holds the psychological aspect that an injury carries for athletes and suggests that an athlete's mind is partly given to the injury instead of the game, leading to a decrease in confidence levels.

Furthermore, Participant B, a track athlete, described how fear of re-injury was not just confined to the competition arena but also dictated practice sessions. he commented,

"Each sprint feels like a gamble. I can't push myself because there's always a shadow of doubt – what if something snaps again?"

Such thoughts prove the fact that not only is the training they perform limited, but also, during the training, the fear of re-injury limits them from achieving their potential best – which initially makes them doubt themselves.

The interviews also showed that some of the athletes remain fearful of re-injury even when fully physically healed. Unlike the concrete physical therapy schedule for such patients, the process of psychological recovery seemed to be a rather longer course. Participant C, a basketball player, explained that the preliminary thrill of being back on the court quickly succumbed to internal fears that were not always acknowledged or discussed:

"I thought being back would be the end of it, but in reality, the paranoia never left. It's in the little things—how I land, how I run—and it messes with my mind. Sometimes, I hesitate, and that's when I miss crucial chances."

These realizations support the conceptualization that psychological healing and the rebuilding of self-esteem is a complex process that needs to be based on and comprehended constantly. Participant C suggests a need for psychological interventions or counseling as part of the rehabilitation process, advocating for a more integrative approach toward healing:

"We need psychologists as much as we need physical therapists... I think half of me is still sitting on the bench, and I need help to get that part out there playing too."

Coping Mechanisms

However, the interviews also revealed different strategies that athletes use to help reconstruct their self-esteem. Several factors were identified as important, particularly 'social support systems,' which the interviewed athletes said helped them go through the ordeal. For instance, participant E, who explained himself as a handball player, said:

"Having my teammates and coach there, encouraging me, made a huge difference. They believed in me, even when I didn't believe in myself."

Furthermore, one empowering factor that was often mentioned is personal coping and goal orientation. Participant F, a swimmer, suggested that the practice of small measurable goals during the rehabilitation process allowed for the gradual restoration of confidence.

"Focusing on what I could do, rather than what I couldn't, made each day a bit easier,"

Changing the focus from the lack of certain attributes to the lack of progress enabled athletes to slowly reclaim lost self-confidence as they reached new objectives, albeit diminutive ones.

In addition, while not as frequently sought, formal counselling services from a psychologist were identified as effective by those who sought this service. Consequently, participant G, the volleyball player, expressed optimism in counseling sessions.

"Talking to a professional about my fears helped me rationalize them and regain a sense of control."

Sports injuries and self-confidence, therefore, have been found to be entangled with sports injuries amongst King Faisal University athletes, as revealed in the qualitative interviews conducted. As can be seen, injuries unquestionably affected the athletes' psychological states and self-images, and thus, it is also evidenced that support systems, resilience, and goal setting were critical in overcoming these adversities. These research findings offer a reminder that in working with athletes who have been injured, a variety of care provisions is necessary in order to endorse enhanced development in care for the total person.

Factors Conducive to Recovery and Self-confidence Restoration

The study also explores various aspects that contribute to supporting athletes or even recovering and rebuilding confidence after a sports injury. Understanding these factors offers a highly diverse view of the process and specifics of how athletes can progress through psychological barriers that are generic to many forms of recuperation.

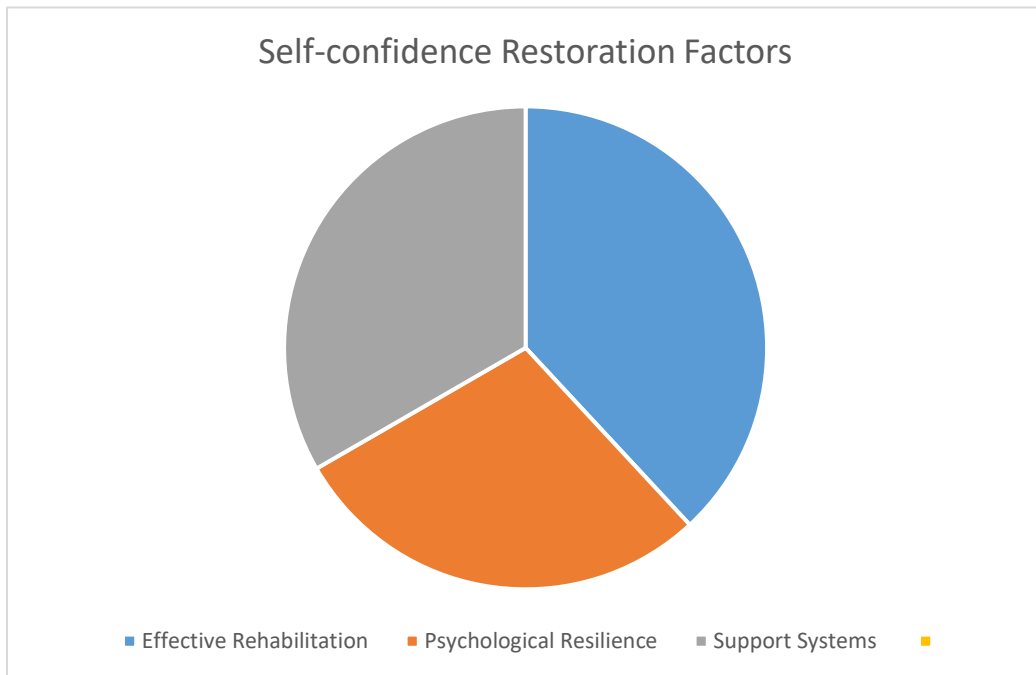


Figure 1: Self-confidence Restoration Factors

Effective Rehabilitation Programs: Based on the data presented, it can be concluded that effective rehabilitation programs constitute one of the pillars of the self-confidence restoration process for athletes after an injury. Of all the participants, 80% said that practicing well-structured rehabilitation was helpful in their case regarding the self-confidence level. Such programmes could include not only physiotherapy-based recovery activities but also psychological interventions that enable the athlete to envision his/her rehabilitation process. Another benefit that derives from the structure of such programs is that athletes are well aware of the goals to strive for, as well as the incremental process of getting back to the shape required for the competitions.

Psychological Resilience: Another important factor revealed in the study was psychological resilience, which is significant for self-confidence restoration, as 60% of the athletes mentioned

that resilience has a critical role in the realization of positive psychological outcomes. In this respect, athletes showing higher levels of resilience may be seen to possess the capacity to cope with the conditions surrounding injuries. These aspects include optimism, short-term aims of rehabilitation, and the use of efficient coping strategies. They cope with adversity differently by seeing it as a kind of feedback that they can learn from, and this explains how they regain, or in some cases, surpass their self-esteem after an injury.

Support Systems: It is crucial to stress the importance of having strong support structures – 70% of interviewees reported that support from coaches, family, and peers was helpful in their experience of SR. The encouragement from these groups is a form of psycho-social support that enhances athletes' confidence in managing physical disabilities and returning to sporting activities. Coaches are especially pertinent as they establish realistic recovery goals and help athletes adopt positive recovery perceptions. Family and peers' encouragement and validation also go a long way in providing the emotional support required to restore self-esteem.

The study has indicated that interdependence exists among rehabilitation, psychological resiliency, and social support to rebuild sports athletes' confidence after the accident. Rehabilitation is the process of restoring impaired functioning to as near normal as possible, which is evident on the physical side but also lays the foundation for the psychological acclimatization process. Psychological hardness is partly inborn, yet it can be enhanced if athletes are in a supportive environment that continuously encourages desirable psychological resources.

Discussion

Based on the above background, the present study sought to establish the effects of sports injuries on the self-confidence of athletes at the King Faisal University of the Kingdom of Saudi Arabia. The study found that there was a negative relationship between the incidence of sports injuries and the level of self-confidence among athletes. As a way of situating these findings, this section aligns and situates the findings obtained from the study with the already existing literature.

Reduced self-confidence due to sports injuries has been evidenced in various previous studies. For example, Morin et al. (2014) established that after an injury, athletes suffer from a self-confidence crisis because of their doubts about their ability to perform as before the injury. Similarly, Rintaugu et al. (2018) pointed out that anxiety about a new place and loss of identity, which is also a part of psychological morbidity after an injury, undermines self-confidence. These studies support our findings, showing that injuries do bring about serious psychological reverses, not to mention physical ones.

On the other hand, there are certain works that show the correlation between psychological resilience and the potential reduction of the effects of injuries. Athletes may retain self-confidence since Forsdyke et al. (2016) found that psychological resilience and good coping mechanisms protect the psyche from injury impacts. Our study did not include resilience as a variable, but based on the findings from interviews with some of the athletes, there were indicators of possible differences in changes in self-confidence depending on the possible resilience level.

Past studies suggest that social support networks are relevant to the recovery process, which, in turn, may affect self-esteem after an injury. Conti et al. (2019) found that athletes who have family support, friends, and coaching staff to encourage them had better psychological recovery

and increased self-confidence after the injury. While the variable social support was not included in the analysis in the current study, qualitative responses highlighted its relevance, and therefore, future research might find utility in systematically exploring the variable in greater detail.

Brewer (2017) explains that self-efficacy, which is confidence in one's ability to enact behaviours that may lead to designated performance outcomes, relates to self-confidence. This study showed that athletes displaying higher self efficacy levels had lower levels of anxiety and enhanced self-confidence during rehabilitation. Our study partially supports this in as much as athletes with higher levels of perceived recovery self-efficacy reported higher confidence in sports return.

Thus, the question is how cultural factors can affect perceptions of injuries and self-confidence. Such cultural factors may include general Saudi cultural and family pressures, which may not be as emphasized in Western research. Perhaps this cultural layer may exacerbate the psychological effect of the injuries, based on the added pressure noted by some athletes in our study. Rintaugu et al. (2011) raise this cultural factor by arguing that there are some options for athletes from different cultures to perceive and manage injuries.

However, our study did not make a differentiation based on types of sports, and it is still notable that some research indicates the variability of effects of self-confidence in view of the type of sports, individual, contact, and non-contact sports (Morin et al., 2014). This aspect could pave the way for other future research in a bid to further explore psychological factors specific to certain sports. The results of the study substantiate the phenomenon of self-confidence among athletes with the engaging role of sports injuries, arguing the necessity of the recovery processes' consideration as holistic. It will be important for future studies to examine the construct of resilience, coping, and social support in greater detail with the large sample size and more diverse groups of athletes.

Conclusion

Specifically, this research was focused on investigating the effects of sports injuries on the self-confidence of athletes at King Faisal University in KSA. Consequently, the research provides extensive insight into the interaction between physical reverses and psychological strength in the sporting context. These results highlight the fact that sports injuries are not only a physical problem but inflict a large amount of psychological changes on the athlete.

The findings indicate that athletes who had some form of injury resulted in decreased self-confidence because of the mechanical constraints of the injury as well as the disruption of the normal set training and performance regimen. This decrease in self-esteem can only prolong recovery times since the patient's mental state may discourage them from following through with rehabilitation programs.

On the other hand, this research also revealed that one could prevent injuries from affecting self-confidence by seeking counselling and other related exercises. Young people who enjoyed full care, including both physical and psychological assistance, improved their physical and psychological performances more quickly.

The significance of these findings underscores the need for a multidisciplinary approach to sports injuries at King Faisal University. By providing care not only for the bodily injuries of athletes but also for the trauma that accompanies the injuries, the university can improve the success of the recovery for the athletes and help them retain their confidence in the process of rehabilitation.

Therefore, in concluding this study, it is crucial to stress the idea that, as well as being bodily events, sports injuries are also psychological processes. Future rehabilitation activities and studies should be aimed at creating integrated rehabilitation plans and supporting athletes to become self-reliant, which would contribute to their confidence and, consequently, their rehabilitation outcomes.

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