

THE IDENTIFICATION OF SALIENT BELIEFS FOR SAUDI FENCING ATHLETES TOWARD PARTICIPATION IN COMPETITIVE SPORT

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Abstract

The goal of this paper was to characterize salient beliefs towards competitive sport in Saudi Fencing athletes. A purposive sample of 14 players (9 males and 5 female) mean age of the players (17-40 \pm 2 years) under the Saudi Arabian Fencing Federation umbrella. The instrument was semi structured interview based on the Planned Behaviour Theory analysing behavioural, normative and control beliefs. The NVivo coding and objective content analysis was conducted on 14 selected individuals accompanied by a frequency count to determine the fencing athletes important beliefs. This study collection report 14 beliefs out of 71; five behavioural, four normative, and five control. The findings demonstrate the variable that need to be aimed at involvement and make available results that used for a next questionnaire items for focal study that will define more precise beliefs. For this reason, this research will aim to assist raise the numbers of fencing athletes competing in competitive sports.

Keywords: Competitive sports, Elicitation study, intervention, Planned Behaviour Theory.

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Introduction

While sports and Physical Activity might look similar, there are differences between them. Sport requires more physical efforts, which include organized events and rules (Coakley, 2009). I believe beside the health benefits, these conditions and rules improve the psychological and social benefits of individual engaged in sport. players may withdraw due to the nature of sport competitive (Wechsler, et al., 2000; Weiss & Ferrer-Caja, 2002). This is one way to look at sport but there are athletes who want to compete in competition and this concept is the target of this study. According to sport England, (2012) the institution can play important role to enhancing and maintaining interest in sport for individuals. Thus, role of Saudi fencing federation to enhance and improve the sport participation in fencing activities is significant.

To build up the sport participation of fencing athletes the researcher use TPB theory (Fishbein and Ajzen, 1980). The theory has significantly gained attention with huge numbers of studies referring to the subjective norm,

predictive attitude, and perceived behavioural control (Downs and Hausenblas, 2005b; Hagger, et al., 2002). Three variables affect intention, which are attitude, perceived behavioural control, and subjective norm. Attitude shows, the view of a person towards behaviour, either positive or negative (Fishbein & Ajzen, 2009). Subjective is the perception of individuals towards social pressure from important to others to accomplish the behaviour or not (Ajzen & Fishbein, 1980). Perceived behavioural control describe individual's observations if it is easy or difficult to perform the behaviour. As intention have subjective norm, attitude, determinants and perceived behavioural influence come in the form of beliefs. As people embody an immense amount of values related to a detailed activity and they able to recall a comparatively few number in the same time (MILLER, 1956), the Theory of Planned Behaviour assumes that behavioural, normative, and control beliefs regulate behaviour (Ajzen, 2002).

Behavioural belief is the anticipate outcome of participation in behaviour, and

individual's assessment of these outcome (Ajzen and Fishbein, 1980). Normative beliefs are the apparent prospects of significant reference for instance friends, coaches, and parents by an individual's enthusiasm to conform with the views of important people (Ajzen, 1985). Eventually, control beliefs are the judgement of individuals regarding the existence of influences that might promote or restrain performing the behaviour. (AJZEN and MADDEN, 1986).

A remarkable suggestion according to TPB is that elicitation study has to be conducted, focusing on significant views that can be changed and identifies appropriate involvement (Ajzen, 2002). because of the difference in views in different societies (FISHBEIN and MANFREDO, 1992), this type of study should be performed for every behaviour to characterize behaviour, the study of Ajzen (1988) emphasize that the study must consider the target, time, action and context. (TACT). Although it is less elicitation study have been conducted, by defining the modal range, it is very practical to obtain the convictions held among the population. A primary quantitative analysis can be carried out after the elicitation study to illustrate certain unique beliefs to be targeted.

As results of the shortage of studies in the Saudi Arabia investigate participation in competitive sport, this study aims to show the relevant normative, behavioural, and control beliefs to partake in competitive sports that Saudi Arabian Fencing Federation provided.

Method

Participants and Procedure

This elicitation study is conducted using interviews as suitable instrument (Ajzen & Fishbein, 1980). A small and suitable participants inside the targeted population is sufficient as long series of relevant views is taken care of (Francis et al., 2004). The method of Saturation is used whereby supplementary data provide no more details (Ajzen & Fishbein, 1980). As the study is

not founded on specific and distinctive beliefs (AJZEN, 1991) and may however comprise beliefs not pertinent to every responder (Francis et al., 2010), Sutton (2002) recommends there has to be a comparison between taking full advantage of the person's most noticeable beliefs that fall in the study and decreasing the number of beliefs that aren't important to the individual. Some of the ways to conduct this study was highlighted which they counted some beliefs if these beliefs identified by a minimum of three participant (Ungar, et al. 2015; Rowe et al., 2016).

This developmental work is critical as it is described a purposive sample of 14 athletes was selected from athletes who play fencing under Saudi Arabian Fencing Federation in different clubs of Saudi Arabia (9 males, 5 female athletes). The ages of participant were seventeen to forty 17-40 years old. The number of respondents selected and their clubs were as following: Alsuqur club (n=2), Alnahada club (n=1), Answer club (n=2), Okaz club (n=3), and Alhadaya club (n=1) and fencing centre of Dammam (n= 3), and Fencing centre of Riyadh (n= 2).

Measures

In order to examine behavioural, normative and control beliefs in engaging in competitive fencing activities, the research generated an interview question. This was done using Ajzen and Fishbein (1980). The study adapts the questions to suit the intent of this study and then translates the question to Arabic.

Behavioural beliefs were assessed using three questions; 'What are the positives gained from participating in competition of fencing sports?', 'What are the negatives of participating in the tournaments of Fencing sport?', and 'What really emanates in the mind when one think about partaking in competition of fencing sports?' Normative beliefs were evaluated using following question; 'Who are people who agree to participate in the fencing championships?', 'Who are the people who disagree with your

participation in the fencing championships?’ and ‘Who are the people in your mind when it comes to participation in fencing tournaments?’ Control beliefs were accessed by asking; ‘What are the things that you think facilitate the participation in fencing tournaments?’ , ‘What are the things that you think make it difficult to participate in fencing competition?’ and ‘do you have though in your mind when thinking about the difficulty or ease of participate in fencing competitions?’.

The interview also comprised items regarding the following demographics: age, gender, and type of fencing (foil, epee, and Saber).

The researcher explained the study in beginning of the interviews. Therefore, the participants were clear about the intent of the interviews and that contribution was voluntary and not under any obligation to participate. Participants are granted privacy and are given chance to ask any questions. Researcher ask the participants the prepared questions and give them a chance to provide more information as a way to understand more about their prospective of behaviour. The interview was taking about 35 - 45 minutes. At the end of each discussion session, participants were appreciated for their active involvement.

Data analysis

Ten interview manuscripts were analysed, and three responses repetitive information were only added (Glaser & Strauss, 1967).the themes of 14 participants’ responses were established after saturation had been reached. These themes represent the headings of Theory of Planned Behaviour beliefs (behavioural, normative, and control).

Table.1: Salient Outcome of Participating in Competitive Sport

No.	Advantages	Frequency
1	Acquire Experiences	5
2	Enhancing performance	4
3	Reduce the fear of compete	3

deductive approach led to the emergence of a coding system of NVivo that was used to classify the theme of response. A frequency counts were used to classify the number of replies for each theme by using Microsoft Excel. To guaranteedependability of the coding the themes, another researcher helped recode and analyse the fourteen interview manuscripts that were analysed by the main researcher. However, the recodecorrespond tothe main researcher coding, thus it is yield the same and co results in the two coding analysis (inter-rater reliability) (95% matching).lastly, the results were obtained by orderingthe responses in descending order for each belief under their particular categorization (behavioural, normative and control) and adding the amount of times in the data a certain item manifests. According to Ungar et al., (2015); Rowe et al. (2016) comprised those beliefs that a lowest three participants had revealed.

Results

The result of interviewingfourteenfencers (N=14) shows that competitive sport participation is always met with the positive thinking by fencing player, with the most important advantage being “Acquire experiences”. five people from the interviewers mentioned that. In fact, the most repeated advantages of sport participation competition are “break the fear of competition”, “gain experience”, and “improve performance”. Moreover, the most frequent disadvantages are “feeling of pressure” which was mentioned by (3) individuals (see Table 1).

	disadvantages	
1	The feel of Pressure	3
2	Frustration	3

Table.2 shows who important others that approved or disapproved the athletes participation in competitive sport. Most prominent respondent were parents, coaches, sport administrator, and

friends. Respondent stated parents (8) times, sport coaches (7) times. Sport administrators (7) times, and classmates or friends (3) times.

Table.2 Salient Social Significance Of Participating In Competitive Sport

No.	significant Social Referent	Frequency
1	Parents of athletes	8
2	Sport Coaches	7
3	Sport Administrators	7
4	friends & Classmate	3

The result in table 3 is analysed as follows; Lack of fund, knowledge of players, concentration issue, the fear of unnessacery outcome. Out of all these factors, the most frequent one is the schooling of players which was

pointed out by (5) people, followed by funding problems pointed out by (4) people, and lack of concentration, psychological burden, and fear of failure were all mentioned by (3) people each.

Table 3 Salient control Prevent Participating In Competitive Sport

No.	Significant Circumstances	Frequency
1	schooling of players	5
2	funding matters	4
3	Lack of concentrate	3
4	Psychological pressure	3
5	Fright of Fail	3

Discussion

This study is aimed at identifying the salient behavioural, normative and control beliefs in participating intofencing competitionsunder Saudi Arabian fencing federation within a sample of Junior and senior Saudi fencing athletes. To our knowledge, this will be the first research which has done and by using the elicitation protocol described within the TPB.

For behavioural beliefs; the important behavioural advantage was gaining experience which is expected, especialfor athletes who want

to compete supposed to be more skilled in specific sport and doing it for long time (English Collins dictionary,2020), so participation in fencing competition constantly will allow the athletes acquired experience. What is interesting, however, is that this belief was mentioned is related to the next salient believe; the performance which is essential factor to the athletes who compete in sport competition, the Saudi fencer account improving performance one of the advantages to participate in competition that effects by stressful competitive environment (Yucheng Zhou, 2019) with participate in this level of competitive sport

the athletes can tolerate the stress and improve their performance. Not only stress effect performance of the athletes but also fear of sport competitions. The fencing athletes want to control the fear of competitions which is third believe by experiencing it many time when they participate in competitions. so, the athletes can understand themselves (Brymer & Schweitzer, 2013) and how to deal with fear. On the other hand, Feeling pressure is behavioral disadvantage of participation in fencing competitions which is reasonable factor because the challenging of the sports competition and the stress that created by the competitive environment surrounding the athletes (Yucheng Zhou, 2019). The second disadvantages of participation in competitions from fencing athletes perspective is Frustration, according to (Jeronimus and Laceulle, 2017) Frustration is key negative emotion that origin in sadness and can be defined as emotional upset after a wish stroked with hard reality that blocked individuals from fulfil their desired goals or outcome such as wining a sport competition or at least in Saudi case passing to the next competition round. For this reason, fencing athletes need to develop a skill to deal with frustration by participation in adequate fencing competition.

Normative beliefs in this case fencing athletes see that parents the most influential referent. May be because the social relationship of families in Saudi Arabia so close; thus parent still play more significant role in their children life. In addition to that coaches and administrators are the second important supportive for fencing athletes in Saudi Arabia. it cannot be surprising that coaches and administrators were highlighted as the highly significant others according to (khalaf, 2014) coaches and administrators support the development of their athletes, which is the purpose of coaches. However, coach and administrator should apply the knowledge to optimize the training and competition status, also they should apply their experience and expertise in difficult situations as professionals.

Finally, Classmate and friends were seen to be encouraging of the behaviour. Keresztes, (2008) reported that Classmate and friends the significant sportive for sport participation.

Control beliefs five factors were also known as inhibitors with beliefs regarding Education of players, of course education is more important this days to improve people career, so athlete need to be like others and complete their education to have a suitable job particularly after retirement from sport (Metsa T and Tokila, T., 2002). Financial matters were found as a control belief within fencing sports athletes. funding on the competitive sport can help enhance the participation and win the competitions such as British sport and Hungarian sport models when the government support the sport funding, the number of madels increase significantly (Csurilla et al., 2017). Similar to these models, Saudi fencing athletes depend on the governmental financial support. Since financial is important, government support will yield a good competitive sport result. finally, the beliefs chosen from 30% of the responders regarding as barriers to active involvement in competition was Lack of Focus or concentration is one of the negative responses to competition stress (fox, 2008). Furthermore, higher level of anxiety and depression are associated with further disruptions in concentration (McCarthy et al, 2013). Psychological pressure as control belief that occur to affect some athlete's performance negatively because they observe or have feedback about their rivals' performance, these athletes unfamiliar with other competitors' performance. it called first-mover advantage. Thus, it can influence fencing athletes who does not participate in competition continuously (Kocher et al., 2012). Finally, Fear of Failure or the fear of the outcome of the competitions and the expose some weakness of the athletes or lack of ability to succeed (Fox, 2008) is not surprising, because the journey to success somewhat uncertain (Martin and Marsh,

2003) and in competition there is lose/win situation.

In order to summarize, the outcome of control beliefs suggests that the schooling of athletes, Funding matters, Lack of concentration, Psychological pressure, and fright of failure ought to be targeted for intercession, may be a chance to rise competitive sports engagement.

While present research points out important opinions in professional sports participation samples, the limitations of this study are acknowledged. First, the suggested views may not be indicative of the entire population of athletes and may not be common to other athletes as well. Secondly, the research sampling was purposeful sampling, implying that assumptions were not a causative function of behaviour as a consequence of behaviour. As part of the limitation is that the study used a minimum of three analogical answers off standard to point out the salient beliefs, thus a symbol of beliefs was not contained in the ultimate collection. Furthermore, there is no clear path of choosing beliefs, it is not easy including all participants' beliefs.

The conclusion and future research in the use of the TPB, the present study demonstrates 14 essential beliefs relating to partaking in the fencing competition. For future studies, this study offers two choices. firstly, beliefs that culminated in the research may be an aim for intercession. Secondly, according to Ajzen (2006) the findings will help to create a quantitative study that shows more explicit major beliefs to consider.

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