



## **THE EFFECT OF PERCEIVED SELF-CONFIDENCE ON GOAL ORIENTATION: SPECIAL REFERENCE TO CLUB LEVEL BASEBALL PLAYERS IN SRI LANKA**

Amarathunga W.M.P.S.D. and Perera H.P.N.

Department of Sports Science, Faculty of Applied Science,  
University of Sri Jayewardenepura, Sri Lanka  
pubududildil@gmail.com

### **Abstract**

Baseball is one of the world-famous games and is a bat-and-ball game played between two teams where each team consist of nine players. Goal orientation is an important predictor of player achievement. This study aimed to investigate the relationships between the perceived self-confidence and goal orientation of club-level baseball players in Sri Lanka. The study population consisted of 81 (n=81) Central province and Western province club level baseball players and a universal sampling technique was used in selecting the sample. The two provinces were selected considering the data collection convenience due to covid-19 pandemic. A standard questionnaire was used to identify the perceived self-confidence and goal orientation of the baseball players. SPSS version 26.0 was used for data analysis. Methods used to analyse data were bivariate data analysis techniques considering the regression weights. Results revealed that there is a positive significant relationship between perceived self-confidence and goal orientation ( $p < 0.05$ ), suggesting that perceived self-confidence parameters lead coaches to focus on enhancing team performances. The findings of the study may also help coaches to develop their performance enhancement techniques and workshops.

**Keywords:** *Baseball players, Goal orientation, Perceived Self-confidence, Bivariate, Performance*