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Self-Confidence And Competition Anxiety As Indicators Of The Accuracy Of Tackling In Futsal Goalkeepers

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Abstract

The aim of the present research was to identify the levels of psychological variables (self-confidence and competition anxiety) and the accuracy of tackling among football goalkeepers in fut, and to reveal the nature of correlational relationships and the predictive ability (indicator) of these psychological variables in determining the level of skill tackling accuracy. The researcher adopted the descriptive approach using both relational and predictive methods. The main research sample consisted of (32) goalkeepers representing the clubs of the central region in the Iraqi Futsal League, who were selected by the comprehensive inventory method. The Sport Self-Confidence Scale (Vealey, 1986), the Sports Competition Anxiety Scale (Martens et al., 1990) with its cognitive and physical dimensions, in addition to the field tackle accuracy test (12 guided shots). The data were statistically processed by SPSS-25 using arithmetic media, T-test, Pearson correlation coefficient, and multiple regression analysis. The results showed that the guards had a high and significant level of self-confidence, and a low level of competition anxiety. Statistical treatments also revealed a positive and significant direct correlation between self-confidence and tackling accuracy (r = 0.781), and a significant inverse correlation with competition anxiety (r = -0.694). The regression model proved the high predictive power of the two psychological indicators, where self-confidence and competition anxiety explain (69.7%) of the total variation in the accuracy of tackling (R^2 = 0.697). The research recommends the integration of psychological preparation and self-confidence development training into the skill training programs for guards.

***Keyword**: Sports Self-Confidence, Competition Anxiety, Accuracy Of Tackling, Predictive Ability, Futsal Football.*

INTRODUCTION

Futsal is one of the most democratic and thrilling team games in modern sports, where restricted field space, rebound speed and blitzkrieg tactical adjustments highlight urgent needs for quick and accurate motor responses by players (Fahey, 2022). In this dynamic, the custodian has a fundamental role in directing the course of the match and influencing the result, since the team depends heavily on him to defend the goal, especially in direct confrontations with the attackers and under great temporal and spatial pressures (De Paula Ramos et al 2026). The performance of the custodian is no longer restricted to just physical and skilful characteristics (Lethole et al., 2024). It has become a complicated notion in which specialised skill performance, especially the skill of

accuracy of tackling, interacts with the psychological and emotional side of the athlete (Farrow, Baker & MacMahon, 2023). Tackling is not just a matter of physical movements and quick reactions, but a complex process that starts with visual perception and analysis of the ball's trajectory, to make the proper decision in milliseconds (Agostini et al., 2024).

This procedure is directly influenced by the psychological condition that the custodian goes through before and throughout the competition (Hakman, Adnan & Sahib, 2025). Sporting self-confidence is critical in developing a goalkeeper's coherent performance as it enhances his conviction in his physical talents and competence, and enables him to make bold judgements with precision at critical moments (Djaba et al., 2024). Self-confidence is consistent with Padora's theory of self-efficacy since the confidence of the custodian in his capacity to manage the ball increases the precision of his motor reactions and the efficiency of his tackle (Shaalan, Jabbar & Abdulridha, 2025). In contrast, competition anxiety appears to be a relevant psychological aspect that affects performance since the persistent tension of the matches and the dread of failure might induce emotional responses that impact concentration and neuromuscular compatibility (Mojtahed et al., 2023). This disease can slow and diminish the precision of reflexes and cause errors at crucial times (McWhirter, Steel & Adams, 2024).

The present study intends to clarify the relationship of self-confidence and competitive anxiety and the effect of these variables in influencing the level of accuracy of tackling goalkeepers in the futsal clubs. This study provides a scientific insight that enhances the common understanding between psychological, skilful and physical preparation and psychological factors are considered as essential tools to enhance the accuracy of tackles and improve the performance of the custodian under various match pressures.

Futsal is a fast-paced and physically demanding sport due to the small playing area, rapid ball exchanges, and close distances between players (Vanttaja, 2025). In this highly competitive environment, the goalkeeper has a crucial responsibility because the team's outcome is highly dependent on defensive performance, which can ultimately determine whether a team wins or loses (De Paula Ramos et al., 2025). One of the fundamental abilities required of a futsal goalkeeper is the ability to make effective saves and tackles, which demands rapid reaction speed, neuromuscular coordination, and decision-making within milliseconds (Asyiifa & Afifah, 2026). However, differences in

the accuracy of goalkeepers' tackling or saving performance during official matches remain insufficiently explained. This suggests that traditional training approaches, which predominantly emphasize physical fitness and technical skills, may overlook dynamic psychological factors that influence goalkeeper behaviour during critical moments (Rozi et al., 2023). Some goalkeepers may achieve high levels of physical fitness and technical proficiency during training but experience a considerable decline in performance when exposed to the pressure and demands of official competition. This discrepancy indicates that psychological factors play an essential role in achieving optimal performance.

Among the psychological variables that may influence goalkeeper performance are athletic self-confidence and sports competition anxiety. Low athletic self-confidence may negatively affect critical decision-making and consequently lead to inaccurate motor performance, whereas high levels of competition anxiety may cause distraction, increased muscle tension, and disruption of decision-making processes. Therefore, the main problem addressed in this study is the lack of scientific evidence that accurately determines the extent to which self-confidence and competition anxiety contribute to variations in the accuracy of goalkeepers' saves or tackling performance. Accordingly, the main research question is: What is the impact of self-confidence and competition anxiety as predictors in explaining the accuracy of futsal goalkeepers in indoor football clubs? More specifically, this study seeks to determine the levels of self-confidence, competition anxiety, and tackling accuracy among the goalkeepers in the study sample; examine whether there is a statistically significant relationship between self-confidence and tackling accuracy; determine whether there is a statistically significant relationship between competition anxiety and response accuracy; and identify the predictive effect of self-confidence and competition anxiety on tackling accuracy.

The objectives of this study are to identify the levels of self-confidence, competition anxiety, and tackling accuracy among goalkeepers of indoor football clubs; examine the nature of the correlation between self-confidence and tackling accuracy among futsal goalkeepers; investigate the nature of the correlation between competition anxiety and tackling accuracy among futsal goalkeepers; and determine the predictive ability of the psychological variables of self-confidence and competition anxiety in explaining the level of tackling accuracy among the research participants. The research is limited to three main areas. The human area comprises goalkeepers from indoor

football clubs participating in futsal competitions during the relevant football season. The spatial area includes officially approved indoor sports halls and facilities used for training sessions and official matches of Central Region Futsal Clubs. The temporal area covers the field and applied study procedures conducted from November 19, 2025, to December 29, 2025.

RESEARCH METHODOLOGY

The researcher adopted a descriptive research approach using correlational and predictive methods, as this approach is appropriate for the nature and objectives of the present study. The descriptive method was used to identify the levels of the psychological variables, namely sports self-confidence and sports competition anxiety, as well as the skill variable of saving accuracy among futsal goalkeepers. The correlational method was employed to examine the relationships between self-confidence, competition anxiety, and saving accuracy, while the predictive method was used to determine the extent to which the psychological variables could predict variations in the accuracy of the goalkeepers' saving performance. This approach was conducted without direct intervention or manipulation of the research variables and without altering the natural conditions of the research environment.

The research population consisted of all goalkeepers of Iraqi futsal clubs participating in the official competitions of the 2025–2026 football season. The study population was limited to 22 futsal clubs and sports teams from the Central Region, with two goalkeepers representing each team. Accordingly, the total research population consisted of 44 futsal goalkeepers. The 22 clubs included Al-Mustansiriya, Imam Al-Sadiq, Al-Farahidi, Al-Salam, Al-Mansour, Al-Hadi, Al-Azam, Al-Shaab, Anwar, Al-Isra'a, Al-Hikma, Al-Nahrayn, Al-Amin, Al-Iraqiya, Al-Ma'mun, Baghdad, Al-Staniya Al-Wasat, Al-Mustafa, Imam Al-Kadhim, Tigris, Technology, and Al-Rafidain. The research sample was selected using a comprehensive enumeration method because of the relatively limited number of specialized participants occupying the goalkeeper position. The total population consisted of 44 goalkeepers. However, to establish the scientific foundations of the research instruments and conduct the exploratory procedures, a number of goalkeepers were allocated to the exploratory and reliability samples outside the main application sample. Consequently, the main research application was conducted on 32 goalkeepers representing the futsal clubs of the Central Region.

To achieve the objectives of the study and test its hypotheses, the researcher employed a set of standardized psychological scales and a field skill test. The instruments were selected and adapted to suit the characteristics and competitive demands of futsal goalkeepers. The instruments consisted of a Sports Self-Confidence Scale, a Sports Competition Anxiety Scale, and a field test designed to measure the accuracy of goalkeepers' saving performance.

Sports Self-Confidence Scale

The researcher adopted and adapted the Sports Self-Confidence Scale developed by Robin Vealey (Vealey, 1986). The adapted scale consisted of 13 items designed to measure the goalkeeper's perception of confidence in his abilities, certainty of performance, and capacity to achieve success while coping with competitive pressure. The items were assessed using a five-point Likert scale ranging from strongly agree (5), agree (4), neutral (3), disagree (2), to strongly disagree (1). Therefore, the total score ranged from 13 to 65 points, with higher scores indicating higher levels of sports self-confidence. The scale consisted of three main dimensions. The first dimension, Skill Competence and Quick Decision-Making, measured the goalkeeper's confidence in performing specialized skills and making appropriate decisions during critical situations.

Representative items included confidence in performing an effective save, selecting the appropriate timing for a save, and accurately directing or passing the ball after gaining possession. The second dimension, Psychological Control and Coping with Stress, assessed the goalkeeper's confidence in maintaining psychological stability, concentration, and calmness when facing dangerous attacks, conceding a goal, making mistakes, or experiencing intense competitive pressure. The third dimension, Physical Readiness and Tactical Cognition, measured the goalkeeper's confidence in physical abilities such as reaction speed and flexibility, as well as the ability to understand and anticipate the tactical behaviour of opposing attackers, including reading shooting angles and responding quickly to close-range shots.

Sports Competition Anxiety Scale

The researcher adopted and adapted the Sports Competition Anxiety Scale developed by Martens, Vealey, and Burton (1990). The scale was modified to suit the psychometric characteristics and competitive demands of the futsal goalkeeper sample. It consisted of 13 items distributed across two dimensions of competition anxiety, while the

independent self-confidence dimension was excluded because it was measured separately using the Sports Self-Confidence Scale. The items were scored using a five-point response scale: always (5), often (4), sometimes (3), rarely (2), and never (1). The total score ranged from 13 to 65 points, with higher scores indicating higher levels of competition anxiety.

The first dimension, Cognitive Anxiety, assessed negative thoughts, mental concerns, fear of failure, and distraction associated with competitive performance and expectations. Representative items included worrying about making a mistake that could result in conceding a goal, being mentally preoccupied with the expected outcome of the match, and fearing an inability to perform at the required level of saving accuracy. The second dimension, Somatic or Physiological Anxiety, assessed physiological responses and physical symptoms associated with stress and increased arousal before and during competition. Representative items included feelings of muscular tension or heaviness before the match, an unexplained increase in heart rate during one-on-one situations, and disturbances in breathing or abdominal discomfort during direct shots.

Field Test of Saving Accuracy among Futsal Goalkeepers

Because saving accuracy represents the primary dependent skill variable in this study, the researcher developed and adapted a field test based on specialized skill-testing principles in football and futsal training literature, including Lames and Letzelter (2015), as well as principles derived from FIFA futsal coaching materials. The purpose of the test was to measure the goalkeeper's ability to respond accurately and effectively to shots under conditions that approximate actual competitive situations. The test required a legal futsal goal measuring 3 × 2 m, 10–12 certified futsal balls, markers and ground markings to determine the shooting distances and angles, and an official scoring form. During the test, the goalkeeper assumed the standard ready position in the centre of the goal line. The shooting line was established at a fixed distance of 6–8 m from the goal. The goal area was divided into three target zones: the right, centre, and left zones. A total of 12 accurately targeted shots were directed toward the goalkeeper, with four shots aimed at each zone. The shots were performed consecutively, with a short rest interval of approximately 5–10 seconds between shots.

The scoring procedure was objective. One point was awarded when the goalkeeper successfully saved the shot by controlling the ball, deflecting it away from the

goal, or otherwise preventing it from entering the goal. Zero points were awarded when the goalkeeper failed to save the shot and the ball entered the goal. The maximum possible score was therefore 12 points, representing the highest level of saving accuracy.

Scientific Foundations of the Research Instruments

The researcher established the scientific foundations of the instruments in terms of validity, reliability, and objectivity. These scientific criteria are essential for ensuring that the instruments accurately measure the psychological and skill variables under investigation while minimizing measurement error and researcher bias. Since the study aimed to use self-confidence and competition anxiety as psychological predictors of saving accuracy, both the psychological scales and the field skill test were subjected to appropriate psychometric and field analyses.

To establish the suitability of the Sports Self-Confidence Scale for the competitive environment of futsal goalkeepers, the 13-item scale was presented in its preliminary form to a group of experts and specialists in sports psychology, sports training, measurement, and evaluation. The experts assessed the relevance, clarity, and suitability of each item for measuring self-confidence among futsal goalkeepers. The chi-square (χ^2) test was used to determine the significance of the experts' agreement. The calculated χ^2 values for the items exceeded the tabulated value of 3.78 at one degree of freedom and a significance level of 0.05. These results supported the face validity and suitability of the scale for the intended sample. Internal consistency was examined by administering the scale to the construction and psychometric sample and calculating Pearson's correlation coefficient (r) between the score of each item and the total scale score, as well as between each item and the total score of its respective dimension. The results indicated positive and statistically significant correlation coefficients at $p \leq 0.05$, demonstrating satisfactory internal consistency and homogeneity among the items of the scale.

Reliability was established using the test–retest method. The Sports Self-Confidence Scale was administered to a reliability sample consisting of 10 goalkeepers who were not included in the main research sample. The scale was administered again to the same participants under similar spatial, temporal, and instructional conditions after an interval of seven days. Pearson's correlation coefficient between the first and second administrations produced a reliability coefficient of 0.88, indicating a high level of temporal stability.

The 13-item Sports Competition Anxiety Scale, consisting of cognitive and physiological anxiety dimensions, was presented to a group of experts and specialists to assess the relevance and clarity of its items in representing the competitive pressures experienced by futsal goalkeepers before and during performance. The results of the chi-square (χ^2) test indicated statistically significant expert agreement for all 13 items when compared with the tabulated value of 3.78 at a significance level of 0.05. Accordingly, all items were retained. The discriminative power of the anxiety-scale items was examined using the method of contrasting groups. The upper and lower 27% of participants were identified, and an independent-samples t-test was used to compare the scores of the two groups. The results demonstrated statistically significant differences between the upper and lower groups across all items, indicating that the items possessed satisfactory discriminative ability and could distinguish between goalkeepers with relatively high and low levels of competition anxiety.

The reliability coefficient of the Sports Competition Anxiety Scale was established using the test–retest method. The scale was administered to the same group of 10 goalkeepers used for the reliability assessment of the psychological instruments and was repeated after an interval of seven days under similar conditions. Pearson's correlation coefficient was used to determine the stability of the scores, and the resulting coefficient indicated an acceptable level of reliability for use as a psychological measure in the present study. Because saving accuracy represents the main dependent variable of the study, the scientific foundations of the 12-shot field test were carefully established.

The validity of the field test was examined through the judgment of experts and specialists in futsal training, sports measurement, and evaluation. The experts reached 100% agreement that the test design, including the 6–8 m shooting distance, the division of the goal into three zones (right, centre, and left), and the use of 12 shots, adequately represented competitive situations requiring reaction, decision-making, and saving accuracy among futsal goalkeepers. To determine the reliability of the saving accuracy test, the test was administered to a reliability sample of 10 goalkeepers. The total score for each goalkeeper was recorded out of 12 points. The same test was repeated after seven days under similar procedural conditions, including the shooting distance, goal dimensions, number and type of balls, target zones, and testing procedures. The scores from the two administrations were then compared to determine the stability of the test.

The saving accuracy test was characterized by a fully objective scoring procedure because the assessment did not depend on subjective interpretation or personal judgment by the tester. One point was awarded when the goalkeeper successfully saved, controlled, or deflected the ball away from the goal, whereas zero points were awarded when the ball entered the goal or the goalkeeper failed to prevent it from entering. Consequently, the scoring procedure could be recorded directly and consistently on the official scoring form without being affected by the personality or subjective judgment of the tester.

The exploratory experiment was conducted as a preliminary field study before the main application. Its purpose was to verify the suitability and efficiency of the psychological scales and the saving accuracy test, identify potential organizational or environmental difficulties, and ensure that the research team could implement the procedures consistently. The exploratory experiment was conducted at 10:00 a.m. on Wednesday, November 19, 2025, in an officially approved indoor futsal hall. The experiment involved six goalkeepers selected from Central Region futsal clubs who were not included in the main research sample. Several objectives were addressed during this stage. First, the researcher verified that the goalkeepers clearly understood the items and instructions of both psychological scales and that there were no linguistic ambiguities or difficulties in interpretation. Second, the time required to complete each psychological scale was determined, with the results indicating that approximately 10–15 minutes were required for each participant. Third, the suitability of the field equipment and procedures for the saving accuracy test was examined, including the quality of the balls, the 6–8 m shooting distance, the division of the goal into three zones, and the 5–10 second interval between shots. Finally, the assistant research team was trained in participant organization, administration of the 12-shot test, and immediate and objective recording of the results.

The exploratory experiment demonstrated that the research procedures were appropriate and feasible. The psychological-scale items were clear and easily understood by the goalkeepers, and no significant problems were identified in their wording. The field, equipment, and testing procedures were also found to be suitable for conducting the main application. Following completion of the instrument preparation and verification of their scientific foundations, the main field application was conducted on 32 goalkeepers representing futsal clubs in the Central Region. The exploratory and reliability participants were excluded from the main application to maintain the methodological

requirements of the study.

The main data-collection period extended for approximately four weeks, from Tuesday, November 25, 2025, to Monday, December 29, 2025. The procedures were implemented according to a standardized sequence. First, the Sports Self-Confidence Scale and Sports Competition Anxiety Scale were administered to the goalkeepers before the beginning of their official training sessions. The questionnaires were completed in a calm environment, with confidentiality emphasized to encourage honest and unbiased responses. Second, after completing the psychological measures, the goalkeepers performed the saving accuracy test in the indoor hall. The test was conducted after an appropriate warm-up, while maintaining standardized conditions with respect to the shooting distance, the three target zones, the number of shots, the interval between shots, and the scoring system of one point for a successful save and zero points for an unsuccessful save.

The data obtained from the psychological measures and field skill test were analyzed using the Statistical Package for the Social Sciences (SPSS), Version 25. Appropriate descriptive, correlational, inferential, and predictive statistical procedures were employed according to the objectives and hypotheses of the study. Descriptive statistics were used to determine the levels of self-confidence, competition anxiety, and saving accuracy, while correlational analyses were used to examine the relationships between the psychological variables and saving accuracy. Predictive statistical analysis was subsequently used to determine the extent to which self-confidence and competition anxiety could predict variations in the saving accuracy of futsal goalkeepers.

RESULTS AND DISCUSSION

Viewing, Analyzing, And Discussing The Results

Presentation And Analysis Of The Results Of The Sport Self-Confidence Scale

The arithmetic media, standard deviations, hypothetical medians, and the calculated value (0.05) of the responses of the members of the main application sample (32) were calculated on the axes of the 13-item Mathematical Self-Confidence Scale ($TN = 32$SSCI-Vealey, 1986) divided into (3) axes, as shown in Table (1):

Table 1: Statistical indicators of the paragraphs and axes of the Sport Self-Confidence Scale ($N = 32$)

Axis	No	Scale paragraphs	M	SD	Medium	T	Sig
The first axis: Skill efficiency and speed of decision	1	I have a lot of confidence in choosing the right timing to get off and save the ball.	4.15	0.62	3.00	10.49	0.000
	2	I trust my ability to execute the skill of keeping out difficult close-range shots.	4.09	0.58	3.00	10.63	
	3	I have the ability to direct and build a quick attack with precision after cutting the ball.	3.94	0.71	3.00	7.49	
	4	I trust to make the right decision to go out and cut the crosses.	4.03	0.64	3.00	9.11	
First Axis Rate	Skill Competence and Rapid Decision-Making(4)paragraphs		16.21	2.01	12.00	11.85	0.000
The second :axis psychological control and coping with stress	5	I keep my composure and mental focus when dealing with quick attacks.	3.88	0.69	3.00	7.21	0.000
	6	I trust in my ability to get past my goal-scoring error and quickly regain balance.	3.65	0.78	3.00	4.71	
	7	I can maintain the level of defensive performance under the pressure of the crowd.	3.72	0.73	3.00	5.58	
	8	The decisive situations in the match increase my determination to make the saves.	4.12	0.60	3.00	10.56	
	9	I trust to control my emotional actions during face-to-face .encounters (solitary)	3.81	0.67	3.00	6.84	
Rate of the second axis	Psychological Control and Coping with Stress(5)paragraphs		19.18	2.82	15.00	8.39	
Third :Theme Physical Readiness and Tactical Perception	10	I trust my ability to react quickly to snap balls.	4.22	0.53	3.00	13.03	
	11	Have the ability to read the opposing attackers' shooting angles before you shoot.	3.97	0.66	3.00	8.31	
	12	I trust my flexibility and ability to cover all three corners of the goal effectively.	4.06	0.59	3.00	10.16	
	13	I can tactically guide defenders to close dangerous shooting angles.	4.18	0.55	3.00	12.14	
Third Axis Rate	Physical Readiness and Tactical Cognition(4) paragraphs		16.43	1.88	12.00	13.32	
Overall score of the scale	1-13	Total Exercise Self-Confidence Scale(13) items	51.82	5.45	39.00	13.30	

*The tabular value (T) at the significance level of (*31*) and the degree of freedom (*2.04*).*

Presentation and analysis of the results of the Sports Competition Anxiety Scale

The Sports Competition Anxiety Scale (CSAI-2 - Martens et al., 1990) adapted to the goalkeepers included (13) items distributed on two axes (cognitive anxiety and physical anxiety), and the descriptive and inferential results are shown in Table (2):

Table 2: Statistical indicators of the paragraphs and axes of the Sports Competition Anxiety Scale ($N = 32$).

Axis	No	Scale paragraphs	M	SD	Medium	T	Sig
The first :theme cognitive anxiety	1	I am intellectually preoccupied with the fear of making mistakes that lead to goals in my goal.	2.84	0.81	3.00	-1.11	0.000
	2	I'm worried about not showing up to the level of accuracy of the save expected of me in the game.	3.12	0.75	3.00	0.90	
	3	My mental focus gets distracted when I think about the strength and capacity of the shots.	2.41	0.70	3.00	-4.76	
	4	I feel preoccupied with the outcome of the match and its impact on my assessment.	2.97	0.83	3.00	-0.20	
	5	I doubt my ability to keep the inevitable balls away at the last minute.	2.31	0.69	3.00	-5.65	
	6	I worry about technical criticism and the audience when I fail to make an easy stop.	2.78	0.79	3.00	-1.57	
	7	Constantly thinking about the danger of a competitor makes me lose the mental relaxation required.	2.50	0.72	3.00	-3.93	
First Axis Rate	**Cognitive Anxiety Hub(7) paragraphs**		**18.93**	**3.91**	**21.00**	**-2.99**	**0.000**
Second :Theme Physical Anxiety	8	I feel cramped and tense in my muscles just before the match starts.	2.65	0.74	3.00	-2.67	**0.000**
	9	I notice an acceleration in my heartbeat when approaching the opponent's solitudes.	2.88	0.79	3.00	-0.85	
	10	I feel upset and throbbing in my stomach before making direct shots.	2.47	0.71	3.00	-4.22	
	11	My limbs get colder and my throat dry up during the opponent's pressure attacks.	2.22	0.66	3.00	-6.68	
	12	I have trouble breathing regularly during repetitive ball tackles.	2.09	0.61	3.00	-8.44	
	13	I feel a slight shiver in my body as I prepare to block the6 meter kicks.	2.34	0.68	3.00	-5.49	
Rate of the second axis		**Physical Anxiety Hu(6) paragraphs**	**14.65**	**3.02**	**18.00**	**-6.27**	
Overall score of the scale	**1-13**	**Total of the Sports Competition Anxiety Scale (13)items**	**33.58**	**5.84**	**39.00**	**-5.25**	**0.000**

View And Analyze The Results Of The Counter Accuracy Test And Correlation

Table 3 shows the descriptive results of the field tackle accuracy test (from 12 points) and Pearson's correlation coefficients between psychological indicators and goalkeepers' tackle accuracy: r

Table 3: Mathematical Medians and Correlation Coefficients between Psychological Variables and Accuracy of Response$N = 32$.

Variables	M	SD	R	Sig	Relationship Direction and Type
Skill tackle accuracy out of (12)	8.84	1.51	-	-	-
Sports Self-Confidence	51.82	5.45	0.781	0.000	High Direct Relationship and Function
Sports competition anxiety	33.58	5.84	-0.694	0.000	High inverse relationship and function

The tabular value (r) at the degree of freedom (0.05) and the significance level of (0.349).

Presentation and Analysis of the Predictive Regression Model for the Accuracy of Coping in Terms of Psychological Indicators

To verify the predictive power of psychological indicators (self-confidence and competition anxiety) as independent variables explaining and explaining the level of "response accuracy" (dependent variable), a Multiple Linear Regression analysis was performed, and the results are shown in Tables (4) and (5):

Table 4: The model of the significant regression of psychological indicators in the accuracy of coping

Prediction Model	Multiple correlation coefficient R	Selection coefficient R^2	Adjusted Selection RateR^2	Standard Error	F	Sig
Multi-model	0.835	0.697	0.676	0.860	33.37	0.000

Table 7: Prediction Coefficients (B) and Linear Regression Equationβ

Predictive Variable (Indicators)	Non-standard transactions (B)	Standard Error	Standard Parameters (β)	T	Sig
Hard ()β_0	3.512	1.140	-	3.08	0.004
Self-confidence (X_1)	0.148	0.031	0.534	4.77	0.000
Competition Anxiety ($X_{2)}$	-0.071	0.029	-0.275	-2.45	0.020

Formulating the Statistical Prediction Equation:

$$\text{Expected tackle accuracy}(Y) = 3.512 + 0.148(X_1) - 0.071(X_2)$$

Discussion of Results

The findings in Table (1) indicated a substantial and definitive rise in athletic self-confidence among goalkeepers (mean score 51.82 compared to expected mean 39.00), with a value of (0.05). This enhancement in intellectual and skill proficiency stems from the specialised demands of the futsal custodian position, which necessitates an elevated degree of self-confidence in one's physical and technical capabilities to confront rapid

footwork and proximity to the ball. This outcome aligns with T=13.30 as reported by Lochbaum et al. (2022). Wang et al. (2022) in the Sport-Confidence Model assert that self-confidence serves as the emotional cognitive foundation enabling athletes to retrieve their skill experiences and exert control over the competitive performance context. Conversely, the findings shown in Table (2) indicated a notable reduction in sports competition anxiety levels (mean score of 33.58 versus the expected mean of 39.00). The investigator elucidates that futsal goalkeepers possess a proficient adaptive response capability that mitigates cognitive distractions and perplexing physiological manifestations prior to executing a shot. This aligns with the Multidimensional Anxiety

Theory proposed by Martín-Rodríguez et al. (2024), indicating that diminished cognitive and physical anxiety mitigates attention deficits and muscle hyperarousal, so enabling the central nervous system to effectively regulate motor responses. In terms of correlational dynamics and predictive efficacy (Tables 3 and 4), statistical analyses have revealed a significant direct correlation between self-assurance and tackle precision, alongside a robust inverse correlation with competitive anxiety, as the overarching psychological framework of these two variables elucidated (r=0.781, r=-0.694, 69.7%) of the variance in the accuracy of goalkeepers' tackles (69.7%). These findings are elucidated in a comprehensive manner according to R2=0.697| F=33.37, referencing Pandora's Self-Efficacy Theory (Bandura) and the Motor Information Processing model by Shi et al. (2024), wherein the enhancement of self-assurance alongside the regulation of anxiety functions as a cognitive filter, allowing the futsal custodian to concentrate on the trajectory of the ball and the shot's angle without interruption, thereby accelerating neuromuscular coordination and motor Conversely, heightened anxiety results in unwelcome muscle rigidity and sluggish response times, elucidating the detrimental impact of anxiety on the precision of field tackles.

CONCLUSIONS

In light of the research objectives and the testing of its hypotheses, and within the limits of the sample of futsal goalkeepers from indoor football clubs, as well as the statistical analyses conducted on the results of the psychological scales and skill test, the researcher reached several important conclusions. The goalkeepers in the research sample demonstrated a high and statistically significant level of athletic self-confidence across its skill, psychological, and physical dimensions. Furthermore, the research sample

exhibited lower levels of sports competition anxiety, particularly in its cognitive and physiological dimensions, compared with the hypothetical mean, indicating their ability to cope effectively with competitive pressures.

The findings also revealed a strong, positive, and statistically significant correlation between athletic self-confidence and the accuracy of the goalkeepers' saving skill, indicating that the higher the goalkeeper's confidence in their abilities, the greater the accuracy and effectiveness of their saves. In contrast, a strong, negative, and statistically significant correlation was found between sports competition anxiety and tackling accuracy, suggesting that increased levels of emotional and physiological anxiety are associated with decreased and fluctuating accuracy in tackling performance. Finally, the psychological indicators of self-confidence and competition anxiety demonstrated a high predictive and explanatory capacity, with the combination of these two variables accounting for 69.7% of the variance in tackling accuracy among the futsal goalkeepers in the research sample.

Based on the research findings and conclusions, the researcher recommends that systematic psychological preparation programs and exercises, including relaxation training, mental adjustment, and mental visualization, be incorporated into the daily training plans of futsal goalkeepers alongside physical and technical preparation. The technical staff and coaches are also recommended to regularly use measures of athletic self-confidence and sports competition anxiety as periodic psychometric indicators to assess goalkeepers' psychological conditions and predict their tackling accuracy, particularly before critical official matches. In addition, coaches should design tactical training situations that closely simulate realistic competitive conditions, such as direct solitary shots and 6-meter kicks performed under time constraints and crowd pressure, in order to improve goalkeepers' psychological control and strengthen their self-confidence. Finally, goalkeepers should be trained in quick mental retrieval skills to help them recover psychologically from mistakes or unexpected goals during matches, thereby reducing the influence of cognitive anxiety and preventing it from negatively affecting their tackling accuracy and subsequent performance.

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