

Assessment of self-efficacy on the sportspersons

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ABSTRACT

Thus, the aim of the present study was to evaluate the self-efficacy on the sportspersons in relation to their gender and type of game they play. Tools like Self-efficacy Scale (Dr. G. P. Mathur and Dr. Raj Kumar Bhatnagar, 2012) were administered on a total sample of 120 sportspersons aged 16-22 years using the purposive sampling technique equally divided gender wise and as per individual games and team games they played from Ahmedabad and Surat District for Gujarat state. The results were statistically analyzed using 't' test. The findings result that there was no significant difference between Individual games and team games. Significant difference was found between boys sportspersons and girls sportspersons. Boys sportspersons showed high self-efficacy than girls sportspersons.

Keywords: *Self-Efficacy, Sportspersons*

Indian Sports- India is home to a various population playing many various forms of sports across the country. Cricket is the most popular sport in India. Field hockey is that the most eminent sport for India at Olympiad in which India has won eight Olympic gold medals. Kabaddi is that the most well-liked endemic sport in the country. Other popular sports in India Football, Chess, Badminton, Shooting, Athletics, Boxing, Tennis, hockey, Kho-Kho etc.

Sports psychology is an knowledge base science that attracts on information from many connected fields together with biomechanics, physiology, psychology and psychology. It involves the study of however psychological factors have an effect on performance and how participation in sports and exercise affect psychological and physical factors.

In addition to teaching and training of psychological skills for performance improvement, applied sports psychology might embody work with athletes, coaches, and parents relating to damage, rehabilitation, communication, team structure, and career transitions. The birth of sports psychology in Europe happened for the most part in Germany. The first sports psychology laboratory was supported by Dr. Carl Diem in Berlin, in the early 1920s. Carl Diem supported the world's 1st sports psychology laboratory at the Deutsche Sporthochschule in Berlin, Germany. In 1925, 2 more sports scientific discipline labs were

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established – one by A.Z. Puni at the Institute of Physical Culture in Leningrad and the alternative by Coleman Griffith at the University of Illinois.

Self-efficacy is that the belief in one's effectiveness in performing specific tasks. "People World Health Organization (WHO) regard themselves as highly efficacious act, think, and feel otherwise from those that understand themselves as noneffective. They turn out their own future, rather than basically foretell it." Albert Bandura. Self-efficacy theory is a very important part of Bandura's social cognitive theory, that suggests high inter-relation between individual's behavior, atmosphere, and cognitive factors.

The Self Efficacy Theory (Bandura, 1977) suggests that self-efficacy beliefs predict one's behaviours, thought patterns and motivation. Individuals with high self-efficacy will participate readily and more frequently, will put more effort in and persist longer, enhancing performance in sport and exercise (Bandura, 1986).

Previous research has examined the relationship between self-efficacy, motivation and its mediating roles upon performance in sport. Studies have found that the upper the self-efficacy, the bigger the persistence and energy, as measured by motor performance (Weinberg, Gould & Jackson, 1979) and muscular endurance (Gould & Weiss, 1981; George, Feltz & Chase, 1992). Although the latter two of these studies only used female participants minimising the generalisability, these earlier studies show how high beliefs about one's capabilities to use their skills and execute a successful performance will drive effort and persistence, consequently improving performance. **Malipatil R. P. (2018)**, In order to make the two group of sportsmen equal in number 100 sportsmen were selected randomly from the respective groups. As per the result obtained on the variable of General Self-Efficacy, there is no significant difference recorded of the sportsmen of team and individual sports event. **Shahraki, M., Esmaeili, M. R., & Ganjouei, F. A. (2014)**, The results indicated the positive effect of sport participation and hardiness on self-efficacy of high school students. Sport participation and hardiness were significant predictors of self-efficacy and the estimated model adequately fit the data. Recommendation for future research and implications are provided. **Dolly, Hooda, H., Singh, H., & Kumar, D. (2017)**, the present study show that male and female university level swimmers do not differ significantly with regard to their general self-efficacy. **Singh, T. D., Bhardwaj, G., & Bhardwaj, V. (2009)**, School National Level athletes were significantly better on perceived physical ability and self-efficacy than the School District Level athletes. **Saeed, M. R., & Pandey, S. (2015)**, The results of the study showed that there was a no significant difference in self-efficacy sportsman and Non-sportsman Players at 0.05 level of confidence. It was concluded that Non- sportsman players showed significantly more self-efficacy than the sportsman Players.

METHODS & MATERIALS

Objective

1. To find out significant difference in the self-efficacy of sportspersons in relation to their gender (boys & girls).
2. To find out significant difference in the self-efficacy of sportspersons in relation to their type of games (Individual games & Team games).

Hypotheses

1. There is no significant difference in the self-efficacy of sportspersons in relation to their gender (boys & girls).
2. There is no significant difference in the self-efficacy of sportspersons in relation to their type of games (Individual games & Team games).

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Participants

Participants were 120 sportspersons based on the gender and type of games playing were selected by purposive sampling technique from the various sports college & school of Surat and Ahmedabad city/district in the age range of 16-22 years sportspersons. The sample was equally distributed as thus: genderwise (60 boys and 60 girls) and different type of games (60 Individual games and 60 Team games).

The following table shows the distribution of the sample.

Type of Games	Boys	Girls	Total
Individual Games	30	30	60
Team Games	30	30	60
Total	60	60	N-120

Variables

Independent Variables :- Gender (Boys and Girls), Type of Games (Individual Games and Team Games)

Dependent Variables :- The scores of the sportspersons on self-efficacy scale.

Materials

Self-efficacy scale constructed and standardized by Dr. G.P. Mathur and Dr. Raj Kumar Bhatnagar was used. It consists of 22 items. Reliability co-efficient of the scale was measured by test-retest on a sample of 600 (300 male and 300 female). In male it ranges between 0.73 to 0.81 and in female 0.79 to 0.86. To obtain concurrent validity coefficient of self-efficacy scale, the scale was compared with the views of experts' rating. Validity ranges in male 0.73 to 0.81 and in female 0.76 to 0.83.

Data Collection

To carry out this study, the researcher first approached various sportspersons boys and girls of from the various sports college & school of Surat and Ahmedabad city/district. Permission was taken from all the subjects while collecting the data from them, proper instructions were given for filling the questionnaire and rapport was established properly. Sportspersons was taken from their sports coach. 120 participants of various sports like individual games (Athletics, running, badminton, tennis, chess, long jump, judo etc.) and team games (cricket, kho-kho, volley ball, kabddi, basketball, and foot-ball etc.). Responses on Self-efficacy scale were taken on the meeting from the sportspersons by using self-administration method. The data was obtained by using particular scoring pattern standardized Self-efficacy scale. Scoring was done as the manual and the results were statistically analyzed.

Statistical Analysis

Keeping in view the objectives of the study the mean and standard deviation for scores on different variables under study were calculated for the selected sample. Further, the **student's 't' test** was used to find out the significance of difference in self-efficacy between sportspersons in relation to their gender and type of games.

RESULTS & DISCUSSION**Table – 1 Mean, standard deviation (SD) & ‘t’ Value of self-efficacy of gender (Boys and Girls).**

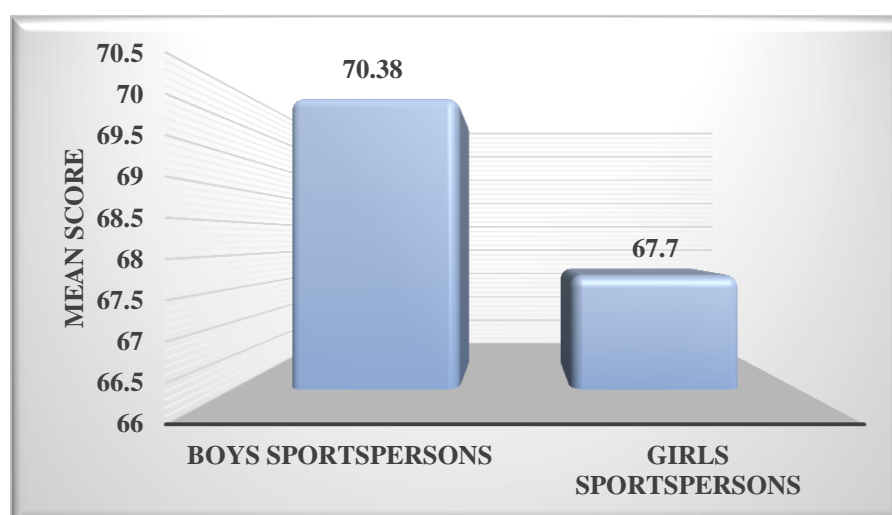
Gender	N	Mean	SD	t	Table Value	Level of Significance
Boys	60	70.38	5.79	2.45*	1.98	Significant at 0.05 level
Girls	60	67.70	6.16			

*Significant at 0.05 level

**Significant at 0.01 level

Table-1 indicates that, the mean score of self-efficacy of boys sportspersons is 70.38 with S.D. 5.79. The mean score of girls sportspersons is 67.70 with S.D. 6.16. The t- value comes out to be 2.45 which is significant at 0.05 level.

Thus, the null hypothesis stating, **“There is no significant difference in the self-efficacy of sportspersons in relation to their gender (boys & girls).”**, is rejected. Further the mean score of boys sportspersons is 70.38 which is greater than the mean score of girls sportspersons is 67.70. Boys sportspersons found high self-efficacy than girls sportspersons. (Figure-1)

**Figure – 1 : Graph of self-efficacy between boys sportspersons and Girls sportspersons.****Table – 2 Mean, standard deviation (SD) & ‘t’ Value of self-efficacy of sportspersons playing individual games and Team Games.**

Type of Games	N	Mean	SD	t	Table Value	Level of Significance
Individual Games	60	69.50	5.69	0.82	1.98	Not significant at 0.05 level
Team Games	60	68.58	6.51			

*Significant at 0.05 level

**Significant at 0.01 level

Table-2 indicates that, the mean score of self-efficacy of Sportspersons playing individual games is 69.50 with S.D. 5.69. The mean score of Sportspersons playing Team Games is 68.58 with S.D. 6.51. The t- value comes out to be 0.82 which is not significant at 0.05 level. Thus, the null hypothesis stating, **“There is no significant difference in the self-efficacy of sportspersons in relation to their type of games (Individual games & Team games).”**, is accepted. It indicates that Sportspersons playing individual games do not differ in their level of self-efficacy as compared to Sportspersons playing team games. (Figure-2)

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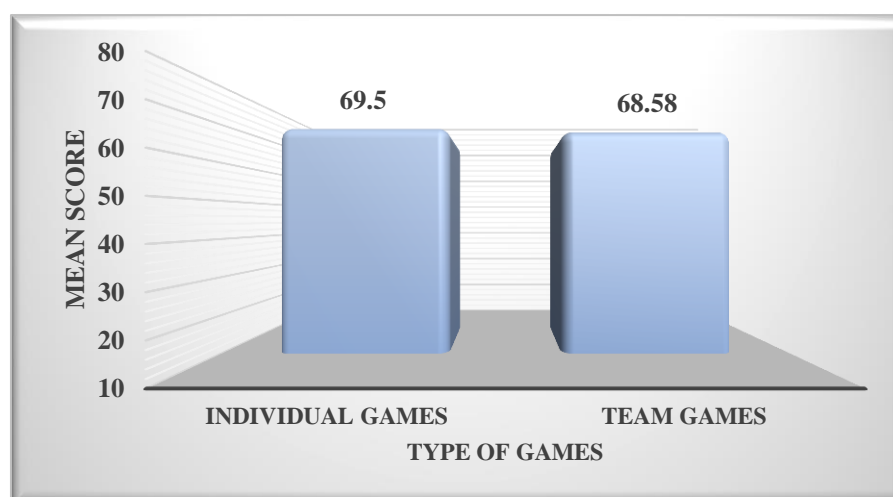


Figure-2 : self-efficacy of sportspersons playing individual games and Team Games.

CONCLUSIONS

1. Significant difference is found in the self-efficacy of boys and girls sportspersons. Boys sportspersons found high self-efficacy than girls sportspersons.
2. No significant difference is found in the self-efficacy of Sportspersons playing individual games and team games.

Limitations

1. Present study was restricted to Surat and Ahmedabad district only.
2. The present research was carried out for a limited period of time.
3. The sample size was small so the outcomes cannot be generalized.
4. Demographic factors like education, SES, years of training were not included.
5. Only one test has been used in this research study. (self-efficacy).

Suggestions

1. A similar study can be conducted with a large sample.
2. Similar study can be undertaken in other states of India.
3. Effect of other factors on sportspersons can be conducted with other variables.
4. The study was confined only to Surat and Ahmedabad therefore it can be conducted in Gujrat other district to also.
5. Effect of other factors on sportspersons can be conducted with other independent variables (experience, before-after playing game).
6. Various other statistical tests such as Regression, ANOVA and Correlation can also be applied for detailed analysis of the data.
7. The variable self-efficacy could be studied in relation to other variables such as self-efficacy, stress, psychological hardiness, personality, motivational etc.

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Conflict of Interest

The author declared no conflict of interests.

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