

## STUDY OF SELF-EFFICACY IN RELATION TO PERFORMANCE OF PLAYERS

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### INTRODUCTION

The self-efficacy construct is one of the most influential psychological constructs, thought to affect achievement strivings in sport (Edward, 1968). In fact, Gould and his colleagues found that self-efficacy and team efficacy were chief among factors that U.S. Olympic athletes reported to influence their performance at the Nagano Olympic Games (Gould, Greenleaf, Lauer, and Chung, 1999). The term self-efficacy as it is being used here, is the belief one has in being able to execute a specific task successfully (e.g., a pitcher striking out a batter) to obtain a certain outcome (e.g., self-satisfaction or coach recognition) (Bandura, 1977, 1986, 1997). Since the first publication of the self-efficacy concept by Bandura (1977), there have been over 60 research articles published on the topic related specifically to sports performance. This chapter provides an overview of the self-efficacy concept and its measurement, a review of relevant research on athletes, athletic teams, and coaches, and future directions for research in this field.

Self-efficacy beliefs are not judgments about one's skills, objectively speaking, but rather are judgments of what one can accomplish with those skills (Bandura, 1986). In other words, self-efficacy judgments are about, what one thinks one can do, not what one has done. These judgments are a product of a complex process of self appraisal and self-persuasion that relies on cognitive processing of diverse sources of efficacy information (Bandura, 1990). Bandura (1977, 1986) categorized these sources as past performance accomplishments, vicarious experiences, verbal persuasion, and physiological states. Others have added separate categories for emotional states and imaginable experiences (Marsh 1980).

### STATEMENT OF THE PROBLEM

"Study of self-efficacy in relation to performance of players".

### OPERATIONAL DEFINITION OF THE TERMS USED

**Self-Efficacy:** Self-Efficacy is a person's belief about his or her chances of successfully accomplishing a specific task. (Whoopi Goldberg).

**Performance :** Something very good and difficult that you have succeeded in doing an event exp. whichever way you look at it and Olympic Silver medal is remarkable performance for one so young. (Cambridge Advanced Learner Dictionary).

### OBJECTIVE OF THE STUDY

To compare the self-efficacy of high and low performance players.

### HYPOTHESIS OF THE STUDY

There is no significant difference between Self-Efficacy of high and low performance players.

#### DELIMITATIONS

1. The study was conducted on 300 players (150 male and 150 female) at different level of participation i.e. district and state level (Low Performance).
2. The domain of the study was delimited to the universities of Haryana.
3. The range of the age was delimited from 17 to 23 years.
4. The study was delimited to the players of judo, gymnastic, weightlifting and wrestling only.

#### LIMITATIONS

1. The life style, home environment, daily routine and food habits of subject cannot be controlled. So, this comes under limiting facton.
2. The apparatus for collecting the data was questionnaires.
3. The data was based on the expressed response of the respondents, which will not be completely free from their individual biases and prejudices.
4. No special technique was used to motivate the subject during the test.

#### RESEARCH METHODOLOGY

It is necessary to adapt a systematic procedure to collect the data. Which stimulates the researcher insight to test the hypothesis of the study under investigation.

#### POPULATION AND SAMPLE

In this study, all the players of Haryana universities i.e. CDLU Sirsa, MDU Rohtak, Kurukshetra University those who played at district, state, university and National level constituted the population.

After selection of these three universities, 100 players (25 players from each game i.e. judo, wrestling, weight-lifting, and Gymnastic) were selected by using random sampling. In this way total 300 (150 male and 150 female) players were selection as a sample for the present stage.

**Table 1:**  
**Sample taken from the universities**

Sr.	Name of Games	Name of the university						Total No. of players.
		KUK		M.D.U.		CDLU		
		M	F	M	F	M	F	
1.	Judo	13	12	12	13	12	13	75
2.	Gymna stic	12	13	13	12	13	12	75
3.	Weightlifting	13	12	12	13	12	13	75
4.	Wrestling	12	13	13	12	13	12	75
	Total	50	50	50	50	50	50	300

**Table 2**  
**Sample taken from different level of participation**

Sr. No.	Name of Games	Level of Participation				Total No. of players .
		High Performance 150		Low Performance 150		
		M	F	M	F	
1.	Judo	19	19	18	19	75
2.	Gymnastic	19	19	19	18	75
3.	Weightlifting	19	18	19	19	75
4.	Wrestling	18	19	19	19	75
	Total	75	75	75	75	300

### TOOLS USED FOR DATA COLLECTION

#### Self-Efficacy

Self-efficacy scale was used in the present study developed by Riffs et.al., (1994). Self-efficacy scale compressed of 10 items covering mark related skin and abilities. A balance of portion and negative item was traduced to counter certain response biases.

#### SCORING

The response to each item was recorded on a four-point scale in term of not at all, somewhat, moderately and very much. There were 10 items in the test. For items constructed positive and remaining are negatively formulated.

#### STATISTICAL TECHNIQUES

The data obtained from total sample were analysed for the under-mentioned information with the help of statistical techniques like mean, standard deviations, t-test.

**Table 3**  
**Significance of difference between self-efficacy of high and low performance players**

Variable	Group	N	Mean	S.D.	S.Ed.	t-ratio	Level of significance
Self - Efficacy	H.P.P.	150	25.62	3.03	.35	5.81	.01

It is revealed from the table that the mean scores on self-efficacy of high and low performance players are 25.62 and 23.59 with S.D's 3.03 and 3.02 respectively. The t-ratio came out to be 5.81 which is significant at .01 level of significance. That means there exists significant difference between self-efficacy of high and low performance players. It indicates that high performance players have controlled their action according to the circumstances as compared to the low performance players. Thus the hypothesis that there is no significant difference between motivation of high and low performance players is rejected.

**Fig. 1**  
**Mean scores on self-efficacy of high and low performance players**

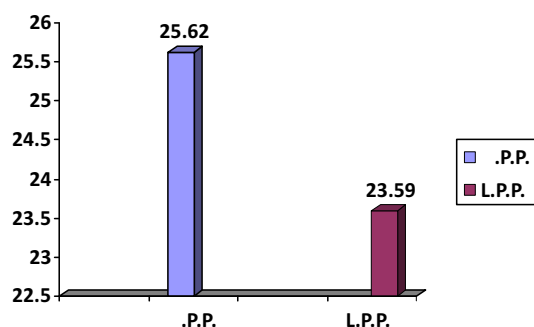


Table shows the t-test of self-efficacy level of high and low performance players. It reveals that there exists significant difference among high and low performance players at 0.1 level of significance. In order to find out the mean difference among high and low performance players, t-test was used. The mean score of self-efficacy level of high and low performance players were 25.62 and 23.59 respectively, and it is concluded that the self-efficacy level has a significant effect on the performance of the players. The result from the table indicates that there exists significant difference between self-efficacy of the players. High performance players were toward significantly better than the low performance players.

#### **FINDINGS**

There exists a significant difference between self-efficacy of high and low performance players. High performance players were found significantly better than low performance players.

#### **DISCUSSIONS OF THE RESULT**

Miller (1993) supported, though, their findings indicated that there exists a significant difference between high and low performance players on self-efficacy. Players with high performance had more abilities to succeed and to perform better in specific tasks.

#### **IMPLICATIONS**

The findings of the present study will be of immense value in the field of physical education and sports. The study when completed will be used as a helpful tool for the coaches, physical trainer and for preparing the players for the competitive sports. The comparison of self-efficacy as possessed by the players performing at Inter-Collegiate and Inter-University level of participation will give a direction to coaches, trainers and players to get knowledge of the extent of developing in each and every component of self-efficacy level as required at a particular level contrary to this, the training schedule for competitive athletic at different level of participation may be prepared according to the psychological qualities assessed in the players preparing for the competition.

The psychological variables may be used as a tool for the selection of players according to the game in which the players can excel. The selector may use the findings of the study as a directional tool for the players of the game and for the performance at their different level.

The findings of the study will also have a great importance for further research in the field of physical education and sports for selecting sportsmen in different games and sports.

## CONCLUSION

The findings of the present study were highly contributed for the improvement in the field of physical education. Psychological variables like self-efficacy is significantly correlated to the performance of the players. Self-efficacy is the important variable, which determines the performance of the players. So there is a significant difference between high and low performance on self-efficacy. Self-efficacy has played a significant role for achieving the better performance in sports. Self-efficacy is a person's belief about his or her chances of successfully accomplishing a specific task. Those players who have the ability and zeal to succeed show better performance in specific sports hence, players with high and low performance have significantly differed in self-efficacy.

## SUGGESTIONS AND RECOMMENDATIONS

The following suggestion and recommendations can be made on the basis of results of the present study:

1. The other psychological variable could also be studied.
2. Broader samples can be studied by including players of different socio-economic status and different age groups etc.
3. Psychological variables on sports performance in various games at International levels can also be studied.
4. Similar studies can be conducted on a wider population.
5. There is a need for further studies using other statistical methods to determine if different methods would reveal significantly different results.

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