

A STUDY OF GENERAL SELF-EFFICACY OF SPORTSMEN OF HIMACHAL PRADESH UNIVERSITY IN TEAM AND INDIVIDUAL SPORTS EVENTS

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Abstract:

The purpose of this study is to assess the General Self-Efficacy of sportsmen of Himachal Pradesh University in team and individual sports events. The sample for the present study were included all male sports persons, who represented Himachal Pradesh University in inter-University level tournaments in various team and individual sports events. In the team sports events Football, Volleyball, Kabaddi, Kho-Kho, Hockey, Handball, Basketball and cricket are included. In the individual sports events Table Tennis, Weight-Lifting, Boxing, Cross-Country, Athletics, Badminton Judo and Wrestling are included for the present study. 216 sportsmen represented Himachal Pradesh University in team sports events and 96 sportsmen represented in individual sports events for two sessions. General Self-Efficacy scale was administered to all the sample sportsmen for data collection. Significance differences in general self-efficacy of two groups of sportsmen were determined through 't' test. 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.

KEYWORDS:

Self-Efficacy, Team Sports, Individual Sports.

INTRODUCTION

The domain of sports and games has become the yardstick to measure the status of a nation. The global interest in sports performance is due to the fact that social systems around the world have acknowledged the significance of sports competitions. The increased interest of the public in physical exercises has generated a considerable interest in research to examine the various physiological as well as psychological parameters of training and competitions.

Better performance in sports is the result of a multitude of factors such as physical fitness, technical, tactical efficiency and psychological status etc. It has become quite apparent that psychological investigation has been involved in every performance oriented sports. It occurs quite frequently that individual as well as team athletes, do not produce their optimum performance in a competition, which would normally be expected of them, despite their having the ability both technically and tactically and their excellent physical conditions. The individual or team athletes' ability does not depend merely on physical, technical and tactical qualities but also on psychological considerations.

The construct of self-efficacy has provided the impetus for research studies across a number of domains. Self-efficacy describes the belief one has in being able to execute a specific task to obtain a certain outcome (Bandura, 1997). It is not concerned with the skills an individual has but rather with the

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judgments of what one can do with whatever skills he or she possesses. Self-efficacy then can be considered a situationally specific self-confidence (Feltz, 1988a). Self-efficacy is theorized to influence the activities individuals choose to approach, the efforts they extend on such activities, and the degree of persistence they demonstrate in the face of failure or aversive stimuli (cf. Bandura, 1997). More specifically, the greater the efficacy, the greater the pursuit of challenge, and the higher the goal striving.

As Bandura stated, "Among the different aspects of self-knowledge, perhaps none is more influential in people's everyday lives than conceptions of their personal efficacy" (1986). Self-efficacy refers to adjudgement about one's capability to successfully perform a task at given levels. Self-efficacy theory (Bandura, 1977, 1986) suggests that efficacy beliefs play a predictive and mediational role in one's thought patterns, behavior, and motivation. Self-efficacy goes beyond just knowing what behavior is appropriate; rather, it involves organizing cognitive, social, and behavioral subskills and strategies into action. This suggests that judgements are not based on what those skills are; rather, they are based on what one can do with the skills one has, Bandura (1986) proposed that self-efficacy beliefs contribute to psychosocial behavior in distinct ways. These beliefs will influence how people behave, their thought-patterns, and emotional reactions in various situations. People will avoid situations they believe they are not capable of handling. Their level of efficacy will determine how much effort they put forth and how long they persist in the face of failure. One's efficacy regarding stress, attentional demands, and effort affects one's thoughts and emotional reactions. People with high self-efficacy can focus their attention on the task at hand and extend more effort than those with low efficacy who may be stressed and tend to divert attention from possible solutions. Bandura cautioned that efficacy judgments are believed to be a major determinant of behavior only when requisite skills and proper incentives are present.

The reciprocal relationship between self-efficacy and performance has been studied extensively in academic and physical domains. Recent meta-analytic investigations of the link between self-efficacy and academic achievement (Multon, Brown & Lent, 1991) and self-efficacy and athletic performance (Moritz, Feltz, Fahrbach, & Mack, 2000) have supported these positive and statistically significant relationships. Self-efficacy theory (Bandura, 1977, 1997) also predicts that this reciprocal relationship between self-efficacy and performance extends to future efficacy beliefs. Individuals who begin with high self-efficacy are more likely to have higher future self-efficacy following performance than those who begin with low self-efficacy.

Self-efficacy is sometimes confused or used synonymously with self-esteem. Although both are components of self-referent thought yet are very different constructs. Self-esteem typically taps an individual's self evaluation (and not merely one's confidence judgements) across a wide variety of situations. Thus it refers to a sense of personal worth, it is an internal feeling of personal well-being, it is an effective evaluation of the total self, a feeling of self-liking.

By contrast self-efficacy is a judgement about task capability that is not inherently evaluative. It pertains to the belief, judgement or determination to perform certain behaviors in certain situations for example: a college student may have very low self-efficacy pertaining to dancing, yet may decide on reflection that it does not diminish his or her overall evaluation and feelings about the self. Bandura (1986) defines two related but distinct components of self-efficacy: efficacy expectations and outcome expectations. Efficacy expectations are beliefs about one's capabilities to accomplish specific tasks. Outcome expectations refer to belief about the likelihood that certain behaviors will result in desired outcomes. Bandura argues that if adequate levels of ability and motivation exist, self-efficacy will affect a person's task initiation and persistence. Weak efficacy belief can contribute to behavior avoidance, whereas, strong efficacy beliefs can promote behavior initiation and persistence.

Self-efficacy thus is nothing but a "Can do", cognition which mirrors a sense of control over one's environment. It reflects the belief of being able to control challenging environmental demands by taking adaptive action. Being self-efficacious can help one to deal with certain life stresses. According to theory and research, self-efficacy makes a difference in how people feel, think and act (Bandura, 1977). In terms of feeling, a low sense of self-efficacy is associated with depression, anxiety and helplessness, with a large majority giving in to possession. In terms of thinking, high self-efficacy makes one feel highly competent to take decisions and achieve academic success. In terms of action, self-efficacious people choose to perform more challenging task. They not only set higher goals for themselves but also stick to them. According to Bandura (1991) through exercise of forethought highly self-efficacious people motivate themselves and guide their actions in an anticipatory proactive way. Thus self-efficacy beliefs directly influence motivation levels which are manifested in the amount of task effort. Individual whose self-efficacy beliefs are high exert greater effort to matter challenges than individuals whose self-efficacy beliefs are low. On the other hand inefficacious individuals tend to be well on their personal deficiencies and perceive environmental demands as more pressing than they actually are. Substantial research evidence had indicated that self-efficacy correlates positively with self-esteem (Rosenberg, 1965),

curiosity, (R. Schwager & C. Schwager, 1982, 1983), optimism (Wieland-Eckelmann & Carver, 1990) and internal control belief (Krampoen, 1981), and negatively with general anxiety (Laux, Glanzmann, Schaffner and Spielberger, 1981), performance anxiety (Sarson, 1984), Shyness (Cheek and Buss, 1981; Fenigstein, Scheier and Buss, 1975), Loneliness (Russell, Peplau, a Cutrona, 1984) and depression (Zerssen, 1976). This construct has practically been applied to all domains of psychology becoming a precursor for better health, enhanced achievement and more social integration. Having a serviceable coping skill like self-efficacy at one's disposal can undoubtedly contribute immensely to cope with stress as well as eliminate dysfunctional fears and inhibitions of every day life, especially of the youth.

Statement of the Problem

Objectives of the Study

The following objectives are formulated for the present study:

- 1.To assess and compare sportsmen represented team and individual sports events on variable of general self-efficacy.
- 2.To assess and study the level of general self-efficacy of sportsmen represented team sports events.
- 3.To assess and study the level of general self-efficacy of sportsmen represented individual sports events.

Hypotheses of the Study

The following hypotheses are laid down for the present study:

- 1.The sportsmen represented team and individual sports events do not differ significantly on variable of general self-efficacy.
- 2.The sportsmen represented team sports events do not differ significantly on general self-efficacy.
- 3.The sportsmen represented individual sports events do not differ significantly on general self-efficacy.

Limitations of the Study

The study was delimited in terms of following aspects:

- 1.The investigation was delimited to the sportsmen represented Himachal Pradesh University in team and individual sports events.
- 2.General self-efficacy of Himachal Pradesh University sportsmen was measured through 'General self-efficacy scale' developed by Shonali Sud.
- 3.Only male sports persons of Himachal Pradesh University was selected for the investigation.

Significance of the Study

The results of the present study will help to identify general self-efficacy of sportsmen represented in team and individual sports events. This will further help to identify sportsmen who may have potential to be sportsmen of high caliber.

Self-efficacy of sportsmen also predict that this reciprocal relationship between self-efficacy and sports performance. The sportsmen who have high self-efficacy are having better sports performance than those who begin low self-efficacy. Differences in self-efficacy are associated with bonafide differences in skill level; however, efficacy perceptions also may be influenced by differences in personality, motivation and the task itself. Self-efficacious individual consider themselves capable of performing any particular activity.

The present study will also help the coaches and physical education teachers to select the talented sportsmen for different sports and games on the basis of their personality characteristics, attitudes towards physical activity and general self-efficacy. Since long it has been important issue how to identify sportsmen with high sports potential. The present study may be step proving helpful in this direction.

METHODOLOGY

Sample

The sample for the present study will include all male sports persons who will be selected to represent Himachal Pradesh University in inter-university level tournaments in various team and individual sports events. 216 sportsmen represented Himachal Pradesh University in team sports events and 96 sportsmen represented Himachal Pradesh University in individual sports events for two sessions.

As per schedule of the venues allotted by the Directorate of Sports Himachal Pradesh University for the inter-college sports tournaments visa-viz for the selection of Himachal Pradesh University teams for the participation in Inter-University level tournaments in respective sports tournaments.

The Himachal Pradesh University participates in the following team and individual sports events at inter-university level:

Team Events	Individual Events
Foot Ball	Table Tennis
Hand Ball	Weight Lifting
Volley Ball	Boxing
Basket Ball	Cross-Country
Kabaddi	Athletics
Kho-Kho	Badminton
Hockey	Judo
Cricket	Wrestling

Tool Used : Shonali Sud's, General Self-Efficacy scale was used for data collection.

Collection of Data

Shonali Sud's, General Self-Efficacy scale was administered personally to all the sampled sportsmen.

The investigator personally approached to the sportsmen during the Coaching/ training camps. The camps were organized for the selected sportsmen of different sports events before participating in inter-university sports tournaments. The respondents were made aware to the purpose of the study in order to establish rapport with them. The field questionnaires were scored and the scores thus obtained were tabulated for further use.

STATISTICAL TECHNIQUES USED

1. Significant differences in general self-efficacy of two groups of sportsmen will be determined through 't'-test.

The Analysis and Interpretation of Data

The main purpose of present investigation was to compare two groups of sportsmen on the selected variables. To achieve this purpose, t-test was applied to total sample included 312 sportsmen out of which 216 represented Himachal Pradesh University in team sports events and 96 represented Himachal Pradesh University in individual sports events. In order to make the two groups of sportsmen equal in number, 100 sportsmen were selected randomly from the respective group. Hence, the analysis was carried

out on the data obtained from 200 sportsmen out of which 100 were those who had represented Himachal Pradesh University in team sports events and 100 were those who had represented Himachal Pradesh University in individual sports events.

t-Test to Study the Mean Differences on the Variable of General Self-Efficacy of Two Groups of Players
The results of t-tests to study the mean differences on the variable of general self-efficacy of two groups of players are given below:

Table 4.26 presents the number of subjects, means, standard deviation, standard error of means, mean difference and 't'-value on the variable of general self-efficacy.

Table 4.26: Presents the Number of Subjects Mean, Standard Deviations, Standard Error of Means, Means Difference and 't'-Value on the Variable of General Self- Efficacy

Groups	N	M	SD	SE _m	MD	't'
Team Event	100	33.86	2.20	0.22	0.27	0.95
Individual Events	100	34.13	1.79	0.18		

Not significant at 0.05 level of confidence

It is revealed from Table 4.26 that 't'-value came out to be 0.95, on the variable of general self-efficacy, which is not significant at 0.05 level of confidence. From this it may be said that the players represented in team and individual sports events are more or less similar on the variable of general self-efficacy. Hence, the hypothesis that, 'the sportsmen represented team and individual sports events do not differ significantly on variable of general self-efficacy' is accepted.

The level of General Self-Efficacy of Sportsmen Represented Himachal Pradesh University in Team Sports Events

On the basis of the mean scores obtained for sportsmen represented team sports events exhibit high level of general self-efficacy. Hence, the hypothesis that, 'the sportsmen represented team sports events do not differ significantly on general self-efficacy' is accepted.

The level of General Self-Efficacy of Sportsmen Represented Himachal Pradesh University in Individual Sports Events

On the basis of the mean scores obtained for sportsmen represented individual sports events exhibit high level of general self-efficacy. Hence, the hypothesis that, 'the sportsmen represented individual sports events do not differ significantly on general self-efficacy' is accepted.

DISCUSSION OF FINDINGS

The investigator discussed the findings in respect to the result obtained after statistical treatment given to the raw data of the variable general self-efficacy. Each of variable is discussed in relation to the findings separately and independently for sportsmen of team and individual sports events.

As per the results obtained on the variable of general self – efficacy there is no significant difference recorded on the variable of self-efficacy. This may be due to fact that the players of both categories have developed self-efficacy in their behavior in proportionate way.

CONCLISIONS

On the basis of analysis and interpretation of data the following conclusions may be drawn:

- 1.The players represented in team and individual sports events are more or less similar on the variable of general self-efficacy.
- 2.The sportsmen represented team sports events exhibit high level of general self-efficacy.
- 3.The sportsmen represented individual sports events exhibit high level of general self-efficacy.

RECOMMENDATIONS

Taking into consideration the findings of the present study the following recommendations are made:

1. A similar type of study may be carried out on sportswomen of team and individual sports events.
2. A similar type of study may be conducted on school level sportsmen and sportswomen of team and individual sports event.
3. A similar type of study may be conducted on state level sportsmen and sportswomen of team and individual sports events.
4. A similar type of study may be undertaken by employing sportsmen and sportswomen of high level of participation in team and individual sports events i.e. National and Inter-National Level.

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