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A comparative study of self-efficacy between contact game and non-contact game players

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Abstract

The purpose of the study was to compare the self-efficacy of contact game and non-contact game players. For this total 80 players (40 subjects contact game players, 40 subjects of non-contact game players) who had participated at intercollegiate level and aged between 17 to 22 yrs were selected using purposive sampling technique. "Self-efficacy Questionnaire" a standardized sports psychological inventory designed by (Mr. Albarb Bandura 1986), was used for data collection. The collected data was analyzed using Independent sample 't' test. The results of the study showed that there was a no significant difference in self-efficacy Contact Game and Non-Contact Game Players at 0.05 level of confidence. It was concluded that Non-Contact Game players showed significantly more self-efficacy than the Contact Game Players.

Keywords: Self efficacy, contact game, non-contact game

1. Introduction

Often sports competitions are decided by narrow margins. The outcome of these games is based mostly on the psychological supremacy that the athletes possess over each other. It has also been suggested in previous researches that self-efficacy plays a very vital role in winning competitions. A number of theoretical frameworks have been put forward in the past years to explain the concept, meaning, development, maintenance, and measurement of self-efficacy. Also various researches have been conducted to highlight the importance of self-efficacy in sports performance. Hence it is essential to outline the framework of the researches that have been conducted on self-efficacy as it will serve well to support the argument behind this current study. It will serve as a bridge between the introduction of the research question and presentation of the original contribution. Nowadays sports not only require physical skills, but a strong mental game as well. Self - efficacy and Locus of Control are complex components of mind. Self - efficacy is the most important single attribute and the key to understanding the behavior of an individual. The self - efficacy is how we think about and evaluate ourselves. To be aware of oneself is to have a concept of oneself. The term self - efficacy concept is a general term used to refer to how someone thinks about or perceives themselves. Self - efficacy is a multi - dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics. A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation). In the present scenario, sports have become highly competitive. All individuals are varying from each other. No two individuals are exactly alike. Personality traits are very important in sports. Most sport psychology researchers, applied consultants, coaches, and athletes agree that confidence is an essential contributor to optimal sport performance. Research has identified confidence as a characteristic that clearly distinguishes between successful and unsuccessful athletes. Self-efficacy as defined by is an individual's belief that she/he has the necessary skills to produce the desired outcome. Self-efficacy is considered as a situation-specific issue. applied these ideas of Bandura to the sport domain and developed sport confidence. Sport confidence is developed sport confidence concept which means the athletes' certainty that they have the ability to be successful in their sport. Self-efficacy is a self-judgment about the successful realization capacity of a performance.

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Generally, it is an individuals' belief about what they are capable of doing. Self-efficacy belief is one of the important factors that affect an athletes' performance. Most of the studies that investigated the relationship between performance and self-efficacy indicated a positive relationship. For example; Beauchamp, Bray, and Albinson (2002) suggested that athletes who exhibit high performance have higher degrees of self-efficacy, whereas, athletes who exhibit poor performance have lower degrees of self-efficacy. According to Bandura's (1977, 1982) theory of self-efficacy, self-efficacy is required for a competent and satisfactory performance. In competitive situations, higher self-efficacy belief and optimal emotional arousal produce a superior performance. Bandura's model has been supported by researchers in the sport domain (Feltz & Mugno, 1983) [5].

1.1 Self-Efficacy

Self-Efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-Efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes. They include cognitive, motivational, affective and selection processes. A strong sense of efficacy enhances human accomplishment and personal well-being in many ways. People with high assurance in their capabilities approach difficult tasks as challenges to be mastered rather than as threats to be avoided. Such an efficacious outlook fosters intrinsic interest and deep engrossment in activities. They set themselves challenging goals and maintain strong commitment to them. They heighten and sustain their efforts in the face of failure. They quickly recover their sense of efficacy after failures or setbacks. They attribute failure to insufficient effort or deficient knowledge and skills which are acquirable. They approach threatening situations with assurance that they can exercise control over them. Such an efficacious outlook produces personal accomplishments, reduces stress and lowers vulnerability to depression. In contrast, people who doubt their capabilities shy away from difficult tasks which they view as personal threats. They have low aspirations and weak commitment to the goals they choose to pursue. When faced with difficult tasks, they dwell on their personal deficiencies, on the obstacles they will encounter, and all kinds of adverse outcomes rather than concentrate on how to perform successfully. They slacken their efforts and give up quickly in the face of difficulties. They are slow to recover their sense of efficacy following failure or setbacks. Because they view insufficient performance as deficient aptitude it

does not require much failure for them to lose faith in their capabilities. They fall easy victim to stress and depression.

The Measurement of Self-Efficacy has always advocated using self-efficacy measures that are specific to particular domains of functioning, rather than ones that assess global expectations of performance. This means using a micro analytic approach, which requires a detailed assessment of the level, strength, and generality of self-efficacy beliefs. Level of self-efficacy is defined as one's belief about the magnitude or level of performance possible. Strength is defined as the certainty that one can attain a given level of performance. Generality refers to the number of domains in which an individual believes he/she is efficacious. Measures of generality of self-efficacy are rarely included in research studies on sport. A micro analytic approach allows one to analyze the degree of congruence between self-efficacy and performance at the level of individual tasks. Analyzing the degree of congruence involves a computation of the percentage of items for which an efficacy judgment and performance agree. As noted, this type of analysis has not been conducted in studies in sport psychology. Rather, researchers in sport psychology have typically correlated aggregate self-efficacy level or strength scores with aggregate performance scores. In sport studies, self-efficacy measures typically are constructed by listing a series of tasks that vary in difficulty, complexity, or stressfulness.

2. Materials and Methods

2.1 Method

For the present study descriptive comparative method was used to assess and compare the self-efficacy of contact Game and non-contact Game.

2.2 Sampling Technique

For the present study the researcher used Quota sampling technique to select the sample from the population because the entire population for the study was not known.

2.3 Population

All the contact game and non-contact game Players aged between 17 to 22 years from Pune City who participated in the National competition of the respective games.

2.4 Sample

- From the population total 80 subjects (Contact Game 40 players and non-contact Game 40 players) were selected Quota for the present study. The subjects were selected as given in the table below.

Contact Game				Non-Contact Game			
Boxing	Wrestling	Football	Hockey	Tabletennis	Shooting	Cricket	Volleyball
10	10	10	10	10	10	10	10

2.5 Tools used for data collection

The self-efficacy questionnaire (Mr. Albart Bandura 1986) [1] was used to evaluate the self-efficacy of the subjects. It is a sport specific questionnaire to evaluate overall self-efficacy of the players. It consists of forty four questions. The subjects had to respond. The score for the questionnaire was prepared to know the self-efficacy of contact game & non-contact game. There were five options in questionnaire and students had to tick on any one option provided below each question. There were no right or wrong answer.

2.6 Procedure

To enhance the cooperation of the subjects the researcher personally met the subjects, explained the purpose of investigation and gave a clear instruction regarding the method for answering the questions. The researcher distributed the questionnaire booklet for marking the responses. The researcher in person in a face to face relationship administered the entire questionnaire. The subjects went through the instructions, read each statement carefully and indicated their responses. All the filled in questionnaires were collected from the subjects and scoring

was done according to the scoring key. Usually every individual of completed the questionnaire within the time limited. The questionnaire is prepared for knowing the self-efficacy of contact game & non contact game. Tick any one option provide. There was no right or wrong answer. Solve all 44 questions. Maximum time limit for filling up the questionnaire is 30 minutes.

2.7 Statistical Tools

To evaluate the score of self-efficacy descriptive statistics were used. To compare the self-efficacy of contact game and non-contact Game Players ‘t’ test was used. To test the hypotheses, the level of significance was set at 0.05.

3. Result

3.1 Descriptive Statistic

Table 1: Descriptive Statistic of Self Efficacy between Contact Game and Non-Contact Game Players

	Game Type	N	Mean	Std. Deviation	Std. Error Mean
Self efficacy	Contact game	40	156.2500	21.09168	3.33489
	Noncontact game	40	166.7750	22.07968	3.49110

Table 1.1 shows the mean and standard deviation for self-efficacy of contact game as 156.25 and 21.09 respectively and

the mean and standard deviation of self-efficacy of non-contact game 166.77 and 22.07 respectively.

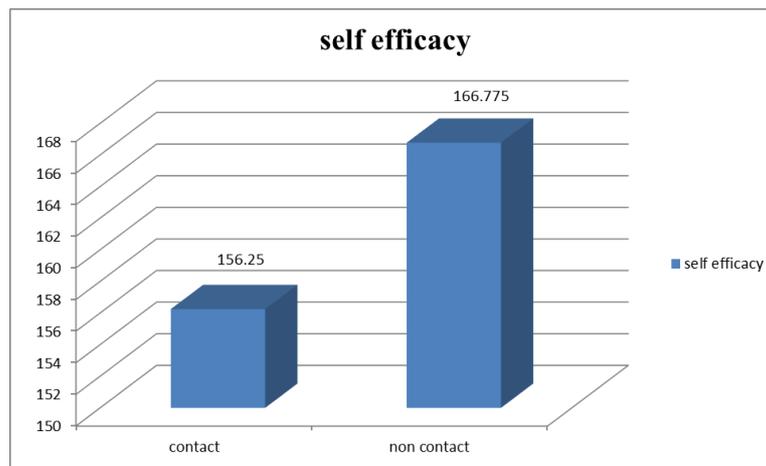


Fig 1: Graph of compartive self-efficacy between contact Game and non-contact Game Players

3.2 Testing Of Hypothesis

The aim of this current study was to compare the self-efficacy of contact Game and non-contact Game players. For this purpose the research hypothesis was stated as, “H1-There is a no significant difference in self-efficacy between contact

Game and non-contact Game players”. The null hypothesis was stated as “H0- There is no significant difference in self-efficacy between contact Game and non-contact Game players”. The null hypothesis was tested using independent sample t test for all the contact game and non-contact game.

Table 2: Comparison of Self Efficacy between Contact Game and Non-Contact Game Players

		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-efficacy	Equal variances assumed	.225	.636	-2.180	78	.032	-10.52500	4.82797
	Equal variances not assumed			-2.180	77.837	.032	-10.52500	4.82797

Table 1.2 shows the statistical analysis for self-efficacy using independent sample t test. Since the significant value is greater than 0.05 equal variance is assumed. The calculated t value (-2.180) for df 78 shows that there is a no significant difference in Self Efficacy between Contact Game and Non-Contact Game players at 0.05 significance level (p=.032). Hence the null hypothesis was rejected and research hypothesis was accepted.

4. Discussion and Conclusion

This study of self-efficacy of contact game and non-contact game of the national club affiliated to Pune city was undertaken to find the difference between the self-efficacy of contact game and non-contact game players. For the present study the researcher used Quota sampling technique to select the sample from the population because the entire population for the study was not known. "The self-efficacy inventory test" was administered to all the selected sampling and data was collected from the selected contact game and non-contact

game players. The data gathered was statistically analyzed by applying independent’t’ test with the help of spss (11.5 version) software and interpretations were drawn. After analyzing the collected data no significance difference were found between self-efficacy of the contact game and non-contact game.

4.1 On the basis of the result obtained in this study the investigator made the following conclusions

- In this study, the distribution of self-efficacy score of contact game and non-contact game players was nearly normal.
- The research study signifies that there is no significance difference found between the self-efficacy of contact game and non-contact game players.

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