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## The self-efficacy and psychological well-being of sports students

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### Abstract

This investigation was undertaken to analyse the self-efficacy and psychological well-being among sports students. 60 sports students and 60 non sports students were selected as subjects for the investigation. The subjects were the college students of Sree Sankaracharya University, Kalady and Christ College Irinjalakuda. For the test administration researcher randomly selected 30 male sports students in various sports and 30 female in various sports and 30 male students and female students in other degree courses. The selected variable for the study were self efficacy and psychological well-being. The test item used to assess the self-efficacy was the general self efficacy questionnaire developed by Schwarzer R., Jerusalem M. (1995) and to assess psychological well-being the questionnaire developed by Bhogle and Jaiprakash (1995). The scores of the sports students and non sports students on selected variables were analyzed by treating statistically to find out the significant difference between the selected groups of subjects. The t-ratio was employed with the level of significance 0.05 level.

**Keywords:** self-efficacy, psychological, well-being, sports students

### Introduction

At the dawn of the 21st century, the education of the young to take up the challenges of the new millennium has assumed great importance. The young today are facing a world in which communication and information revolution has led to changes in all spheres: scientific, technological, political, economic, social and cultural. To be able to prepare our young people face the future with confidence, purpose and responsibility, the crucial role of teachers cannot be overemphasized. The education policy of most of the nations is based on the premise that quality education can be achieved only when teachers are professionally satisfied, motivated, committed and are willing to perform for the benefit of the learners, community and the society. The responsibilities and the demands on teachers are greatly increased that they have to take into account the difficulties children face while coming to school on account of their poverty, social environment or physical disabilities.

### Statement of the problem

The purpose of this study is to evaluate the self- efficacy and psychological well-being of sports students.

### Delimitations

Taking into consideration of the time and resources available with the investigator, the study has been delimited to the following aspects

1. The sample consist of college students aged between 18to 25 years
2. The study is delimited to the students from sree sankaracharya university of Sanskrit and Christ college irinjalakuda
3. The study is delimited to 120 students. 60 sports students and 60 other students (30 men and 30 women)

### Limitations

1. The socio economic status of the subject selected for the study was a limitation
2. Psychological factors may have been influenced during the administration of the test

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3. Heredity and environmental factors which influenced the psychological factors have not controlled.

### **Hypotheses**

1. There would be significant difference in self-efficacy and psychological well-being between sports students and other students
2. There would be significant difference in self-efficacy and psychological well-being between male sports and female sports
3. There would be significant difference in psychological well-being between male sports and male non sports.
4. There would be significant difference in self-efficacy and psychological well-being between female sports and female non sports.
5. There would be significant difference in self-efficacy and psychological well-being between male non sports and female non sports
6. There would be significant difference in psychological well-being between male and female

### **Significance of the study**

1. The study is helpful to understand the psychological wellbeing and self-efficacy of sports students
2. The study is helpful to prove the importance of sports in curricula.

### **Definitions**

#### **Self-efficacy**

A person's belief about his or her ability and capacity to accomplish a task or to deal with the challenges of life.

#### **Well being**

Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviors. The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being.

### **Methodology**

This chapter describes the methodology and procedure adopted. Precisely includes selection of subject, collection of data and statistical techniques employed for analysis of the data. In order to find the significance of difference among sports students and other college students on selected variables the t-ratio was applied to compare the significance of difference. The level of significance chosen was 0.05.

### **Selection of Subjects**

120 students were selected as subject for the investigation

among the selected group. 60 were sports students including 30 Females and 30 males and 60 were non sports students including 30 males and 30 females. The subjects were selected from Sree Sankaracharya university of Sanskrit Kalady and Christ College Irinjalakuda

### **Selection of Variables**

The psychological variables selected for the study were:

- Self efficacy
- Psychological well-being

### **Test Administration**

Data collection was made through the questionnaire method. The study used the questionnaire developed by Bhogle and Jaiprakash [1995] for psychological well-being and general self – efficacy scale [GSE], the study used the questionnaire developed by Schwarzer R. and Jerusalem. [1995]. the questionnaires were distributed among the sports students and other college students in Sree Sankaracharya University of Sanskrit and Christ College Irinjalakuda. The necessary instructions were provided to the subjects before the administration of the questionnaire.

### **Statistical Technique**

In order to find the significance difference among sports students and non sports students on selected variables the t-ratio was applied. To compare the significance of difference the level of significance chosen was 0.05.

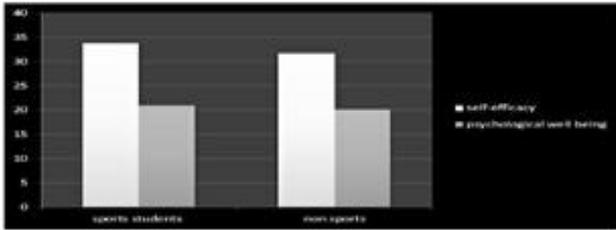
### **Analysis of data and result of study**

This chapter includes the statistical analysis and the interpretation of results of selected variables of 60 sports students including 30 females's and 30 male's and 60 other students include 30 female's and male's. who were selected as subjects. The selected variables for the study were self efficacy and psychological well-being. The test item used to assess the self-efficiency was the (GSE) questionnaire developed by Schwarzer, R., and Jerusalem, M.,(1995) and to assess psychological well-being. Psychological well-being questionnaire developed by Bhogle and Jaiprakash (1995). The purpose of the study was to find out the self-efficacy and psychological well-being of sports students. For this study the investigator selected 60 sports students and 60 other students and the test scores of the groups were analyzed by employing the test. To find out the significant difference of self efficacy and psychological being between sports students and other students ratio was employed with the level of significance was kept at levels 0.05.

I. General self-efficacy and psychological well-being among sports students and non-sports student

Variable	Group	N	Mean	Std. Deviation	T
PWB	sports students	60	26.95	4.133	3.01
	non-sports	60	20.26	3.991	
GSE	sports students	60	33.80	4.232	3.43*
	non-sports	60	31.08	5.107	

- \* There is significant difference in general self-efficacy among sports students and non-sports students.
- \* Sports students have higher general self-efficacy than non-sports students.

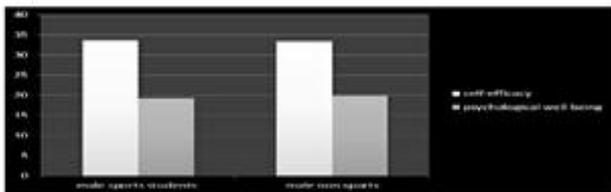


- \* There are significant differences in general self-efficacy among sports and non-sports students.

II. General self-efficacy and psychological well-being male sports and male non-sports

	SPORTS	N	Mean	Std. Deviation	T
GSE	male-sports	30	33.77	4.820	0.32
	male-non sports	30	33.37	4.605	
PWB	male-sports	30	19.20	4.211	0.57
	male-non sports	30	19.93	4.386	

- \* There is no any significant relationship between male sports and male non-sports.



III. General self-efficacy and psychological well-being female non-sports and female sports

	Group	N	Mean	Std. Deviation	T
PWB	female-non sports	30	18.081	4.131	2.64**
	female-sports	30	22.32	4.800	
GSE	female-non sports	30	33.37	4.605	1.36
	female-sports	30	33.95	4.981	

- \* There is significant difference in general self-efficacy among female non-sports and female sports.
- \* Female non-sports have higher self-efficacy than female sports.



IV. General self-efficacy and psychological well-being among female sports and male sports

	Group	N	Mean	Std. Deviation	T
GSE	female-sports	30	33.83	4.061	0.078
	male-sports	30	33.37	4.605	
PWB	female-sports	30	27.601	3.976	2.34**
	male-sports	30	19.93	4.386	

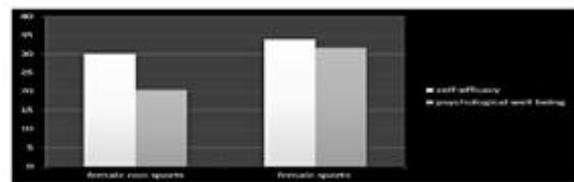
There is significant difference between female sports and male sports in psychological well-being.

Female sports have higher psychological well-being than male sports.

IV. General self-efficacy and psychological well-being among female non-sports and female sport

	Group	N	Mean	Std. Deviation	T
GSE	female-non sports	30	30.00	5.119	3.27**
	female-sports	30	33.83	4.061	
PWB	female-non sports	30	20.47	4.608	3.36*
	female-sports	30	22.60	3.979	

- \* There is significant difference in general self-efficacy and psychological well-being among female sports and female non-sports.
- \* Female sports have higher self-efficacy and psychological well-being.



variable	SEX	N	Mean	Std. Deviation	T
PWB	male	60	19.63	4.278	2.64**
	female	60	21.53	3.630	
GSE	male	60	33.37	4.605	1.36
	female	60	31.92	5.023	

VI. General self-efficacy and psychological well-being among males and females



**Discussion of Finding**

The study had the purpose to find out the self-efficacy and psychological well-being of sports students. During data collection standard procedure were followed. In this study the results shows that sports students have higher self efficacy and psychological well-being than other students.

There is significant sex difference in psychological well-being. Females have higher psychological well-being than males. There is no significant relationship in self-efficacy.

There is significant difference in self-efficacy among female non sports and male non sports. Male non sports have higher self efficacy than female.

There is significant difference in psychological well-being among female sports and male sports. Female sports have higher psychological well-being than male sports

There is significant difference in self efficacy and

psychological well-being among female and male students. Female sports have more self efficacy and psychological well-being than male sports.

There is no significant difference in self efficacy and psychological well-being among male sports and male non sports.

**Discussion of Hypotheses**

1. The present study was based on the hypothesis that there would be a significant difference on self efficacy and psychological well-being between sports students and non sports students.

The hypothesis of investigation was accepted as statistical analysis shows that the t value for both self efficacy and psychological well-being were significantly differs in sports students and non sports students

2. There would be significant difference in self-efficacy and psychological well-being between male sports and female sports

The hypothesis of investigation was accepted as statistical analysis shows that the t-value for psychological well-being is significantly differs in male sports and female sports

3. There would be significant difference in psychological well-being between male sports and male non sports.

The hypothesis of investigation was not accepted the statistical analysis shows that the t- value for both self efficacy and psychological well-being were not significantly differs in male sports men and male non sports

4. There would be significant difference in self-efficacy and psychological well-being between female sports and female non sports.

The hypothesis of the investigation was accepted as statistical analysis shows that the t –value for both self efficacy and psychological well-being were significantly differs in female sports and female non sports

5. There would be significant difference in self-efficacy and psychological well-being between male non sports and female non sports

The hypothesis of the investigation was accepted as statistical analysis shows that the t- value for general self efficacy is significantly differs in male non sports and female non sports

6. There would be significant difference in psychological well- being between male and female.

The hypothesis of the investigation was accepted as statistical analysis shows that the t –value for psychological well-being is significantly differs in male and female.

### Summary

This investigation was undertaken to analyse the self – efficacy and psychological well-being among sports students. 60 sports students and 60 non sports students were selected as subjects for the investigation. The subjects were the college students of Sree Sankaracharya University, Kalady and Christ College Irinjalakuda. For the test administration researcher randomly selected 30 male sports students in various sports and 30 female in various sports and 30 male students and female students in other degree courses

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### Conclusion

- There would be significant difference on self efficacy and psychological well-being between sports students and other students sports students have higher self efficacy than other students
- There would be significant difference on psychological well-being between sports men and sports women. Sports women have higher psychological wellbeing than sports men

- There is no significant difference on self efficacy and psychological well being between sports men and non sports men
- There is significant difference on general self efficacy psychological well being between sports women and non sports women female sports have higher self efficacy and psychological well being
- There is significant difference in general self efficacy between non sports men and non sports women. non sports men have higher self efficacy than sports women
- There is significant on psychological well being between male and female. female have higher psychological well being than men

### Recommendation

- Similar study can be done on different age groups.
- Similar study can be conducted on the sports students on the basis of achievement.
- Similar study can be conducted on the sports students on types of sport (individual sport and team sport).

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