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Assertiveness and its association with self-efficacy among sports persons and non-sports persons

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Abstract

The purpose of the study was to assess the Relationship of Assertiveness and Self Efficacy among Sports person and Non-Sports Person. For the above purpose the researcher selected (92) sports person male and female and (92) non-sports person male and female. Data was collected through Self efficacy Scale By (Dr. Arun Kumar Singh and Dr. Shruti Narrain, 2013), and Assertiveness: Ruth's Assertiveness Scale By: Nevid, J.S, & Rathus, S.A. (1978). Pearson's product Moment correlation coefficient was employed to analyze the data. Results showed a positive relationship of assertiveness and self-efficacy among sportsperson and a weak relationship among non-sports person.

Keywords: Self-efficacy, sports persons, non-sports persons

Introduction

With the improvement in sports participation of sports in the recent years, the performance standard has also increased, which led to the sports scientists to think on the various possible ways to further improve the performance. In competitive sports the difference between the winner and the loser can be a matter of not more than a fraction of second. Therefore, at all levels sports scientists tries to "leave nothing to chance". However sports performance depends on many factors e.g. physical, physiological, technical, tactical, psychological and environmental factors. The percentage contribution of various performance factors are complex combination. This supersedes each other depending upon the nature of activity. Assertiveness is a well to attempt new and brave difficulties. To be specific it's a quality of being gutsy. Confidence is an imperative piece of correspondence with others and it's likewise a main element of getting draw in with individual. In this study, it's intended to exam assertiveness level of undergrad who is doing orienteering sports as far as a few variables. This study is completed with a study of 7 inquiry in regards to understudy's close to home data and Rathus. Plan which contained 30 questions about assertiveness. Study is completed in Balikesir, Turkey amid school orienteering sports Olympics. An aggregate of 260 understudies which included 192 guys and 68 female who volunteered to take an interest with examination. SPSS dispersion of recurrence, number juggling arrangement and t-test are utilized to investigations gathered information. Expected blunder rate in this study is 0.5. As per the study, understudy who are included with orienteering sports have assertiveness level of center high or most elevated amount as expressed by 132 of the members. Investigate additionally demonstrated that the assertiveness level in guys is higher when contrasted with female members. Concentrate additionally demonstrates that race of understudy don't have any effect in assertiveness level.

The belief that one can successfully perform in a given situation is self-efficacy. Higher the self-efficacy the higher will be the persistence. Individuals themselves create and develop self-perception of capability that income instrument to goals they pursue throughout their life and further to the control they are able to exercise over the environment. Motivation and performance are also affected by are there perception; people with low self-efficacy attribute failure to effort. Self-regulatory mechanism is involved in influencing the behavior of an individual. These mechanisms include self-reaction, self-observation, and self-evaluation. Self-evaluation involves sub process of self-concept, self-esteem values. People like to take an interest in undertakings is which they feel skillful and sure and stay away from those in which

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they don't. A trustworthy estimation of the relationship among self-efficacy, result desire and learning and aptitude is essential. A result desire is the degree to which individual's trust their activity will had to certain result. It is distinction between trusting that something can happen and trusting that one can get it going (Bandura, 1977). Self-efficacy determines choices of an individual rather than anticipated outcomes or actual skills and knowledge relevant to the behavior in question. The knowledge and skills even the outcomes people have experienced and expected may be creators of their self-efficacy beliefs, but effects of created belief results in redefining, distorting, and reshaping of efforts and new information.

Statement of the Problem

The purpose of the study was to assess the relationship of assertiveness and self-efficacy among sportsperson and non-sports person thus the study was stated as "Assertiveness and its Association with Self Efficacy among Sports Persons and Non-Sports Persons".

Objectives of the study

- To ascertain the relationship among the assertiveness and self-efficacy of sports person.
- To determine the relationship among the assertiveness and self-efficacy of female sports person.

Hypotheses

- A strong positive relationship of assertiveness and self-efficacy will be found among sports person.
- A strong positive relationship of assertiveness and self-efficacy will be found among non-sports person.

Delimitations

- The study was delimited to 184 sports persons and non-sports person age group 18-28.
- The study was delimited to male and female players and non-players from different universities participating in AIU competitions.

Selection of the subjects

92 sports person (forty six male and female each) and 92 non-sports person (forty six male and female each) were selected as the sample of the study. The necessary data was collected through Self Efficacy Scale (by Dr. Dr. Arun Kumar Singh and Dr. Shruti Narrain, 2013) and Ruths Assertiveness Scale (by Nevid, J.S, & Rathus, S.A.1978).

Statistical analysis of the data

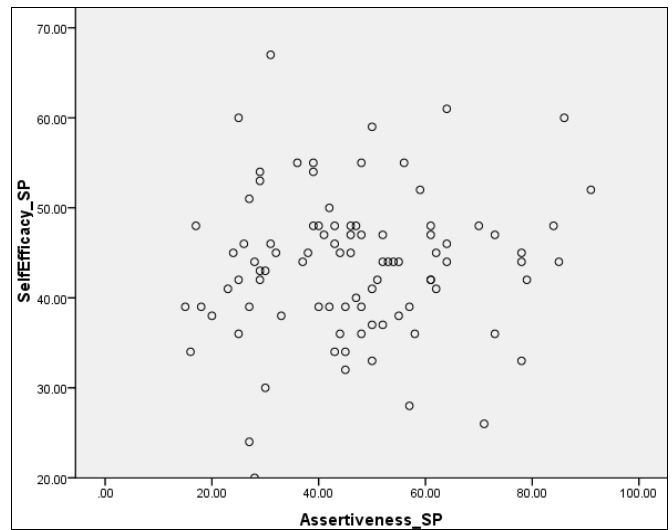
In order to analyse the score of selected psychological parameters descriptive analysis was used. Further to find out relationship between the score of subject on selected variable Pearson product moment relationship coefficient was employed for testing of the hypothesis, the level of significance was set at 0.05 level.

Table 1: Relationship of Assertiveness and Self Efficacy among Sports Persons

Group	Number	Mean	S.D	r' value
Assertiveness	92	46.73	17.71	0.87
Self-efficacy	92	43.59	8.10	

The table no. 1 reveals the relationship of Assertiveness and Self efficacy variable among sportspersons. The table shows calculated means of assertiveness and self-efficacy i.e. 46.73

and 43.59 and standard deviation is 17.71 and 8.10 respectively. The calculated r value is 0.87 which shows a strong positive relationship between Assertiveness and Self efficacy of sports person. So the hypothesis, which states that there is a positive relationship of assertiveness with self-efficacy among sportsperson, has been accepted.

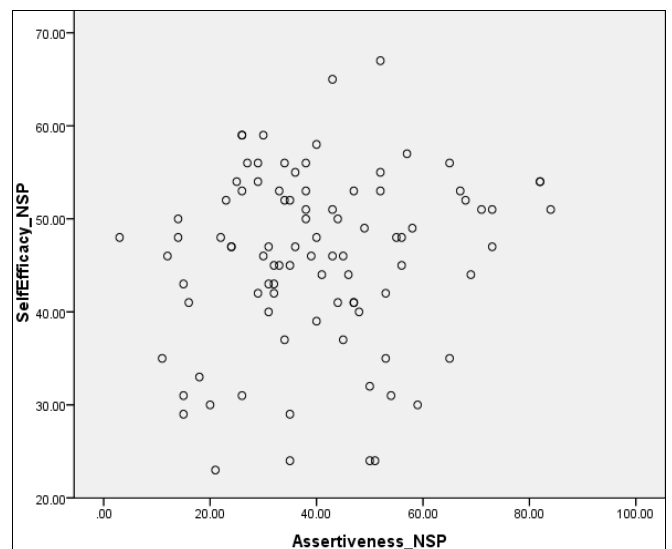


Graph 1: Relationship of Assertiveness and Self Efficacy among Sports Persons

Table 2: Relationship of Assertiveness and Self Efficacy among Non-Sportspersons

Group	Number	Mean	S.D	r' value
Assertiveness	92	40.09	17.33	.148
Self-efficacy	92	45.78	9.43	

The perusal table no. 2 depicts the relationship of assertiveness and self-efficacy variable among non-sports persons. The table shows calculated mean of assertiveness and self-efficacy i.e. 40.09 and 45.78, and the standard deviation is 17.33 and 9.43 respectively. The calculated r value is .148 which shows very weak relationship between assertiveness and self-efficacy of non-sports persons. So the hypothesis, which states that there is a strong positive relationship of assertiveness and self-efficacy with non-sports person, is rejected.



Graph 2: Relationship of Assertiveness and Self Efficacy among Non-Sports persons

Conclusions

1. The table no. 1 reveals the relationship of Assertiveness and Self efficacy variable among sportspersons. The table shows calculated means of assertiveness and self-efficacy i.e. 46.73 and 43.59 and standard deviation is 17.71 and 8.10 respectively. The calculated r value is 0.87 which shows a strong positive relationship between Assertiveness and Self efficacy of sports person. So the hypothesis, which states that there is a positive relationship of assertiveness with self-efficacy among sportsperson, has been accepted.
2. The perusal table no. 2 depicts the relationship of assertiveness and self-efficacy variable among non-sports persons. The table shows calculated mean of assertiveness and self-efficacy i.e. 40.09 and 45.78, and the standard deviation is 17.33 and 9.43 respectively. The calculated r value is.148 which shows very weak relationship between assertiveness and self-efficacy of non-sports persons. So the hypothesis, which states that there is a strong positive relationship of assertiveness and self-efficacy with non-sports person, is rejected.
3. So, on the basis of results shown in tables and scatter plot it is clear that the sportspersons have a strong positive relationship of assertiveness and self-efficacy. Thus it is suggested that the sportspersons should be given assertiveness training for better self-efficacy which will result in better sports performance.

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