



ISSN: 2456-0057

IJPNPE 2019; 4(1): 859-861

© 2019 IJPNPE

www.journalofsports.com

Received: 12-11-2018

Accepted: 14-12-2018

**Sukhchain Singh**

Research Scholar, Department of  
Physical Education, Punjabi  
University Patiala, Punjab,  
India

**Dr. Nishan Singh Deol**

Head and Professor, Department  
of Physical Education, Punjabi  
University Patiala, Punjab,  
India

## Relationship of self-efficacy with academic achievement in physical education of government rural senior secondary school students

**Sukhchain Singh and Dr. Nishan Singh Deol**

### Abstract

In these days, there are numerous researches working about different kinds of psychological variables. Self-efficacy is an important variable as an individual's all over development. This study explores the self-efficacy relationship with academic achievement in physical education of rural senior secondary school students. The examination led through descriptive method for research. This technique has without a doubt been the most famous and most generally utilized research strategy in education. Self-Efficacy Scale by Sud, Schwarzer and Jerusalem (1998) scale is used to find the self-efficacy relation with academic achievement in physical education. The present investigation uncovered the correlation in between self-efficacy and academic achievement in physical education of rural senior secondary school students as ' $r$ '= 0.12 at 0.05 level of significant. On reflecting over the results, self-efficacy and academic achievement are positively correlated to each other. In this study, high group performed significantly better rather than low group. To gain self-efficacy parents also should motivate their children to participate in games and to learn physical education components very deeply because they figure out how to modify and comprehend themselves better, when they play together. They ought to give every day playing task or minor games in such an approach to improve their physical quality and mental pleasure. Physical education teacher should develop various kind of peer group competition and sports activities so that students can be participate in those valuable activities and take an opportunity to gain their confidence level. By giving some assignments and self decision making events with frequent feedback, is also an important step to increase self-efficacy.

**Keywords:** Self-efficacy, academic achievement, physical education

### Introduction

The abundance of information gained by a person in the wake of concentrate specific topics or encountering life lessons that give a comprehension of something. Training is a procedure of learning abilities esteems and convictions which is fundamental for individual for intuitive conduct to human conduct. Nobel prize winner Rabindranath Tagore wholly and accentuate the real concept of education. Rabindranath Tagore defined the education as "Education enables the mind to find out the ultimate truth, which gives us the wealth of inner light and love and gives significance to life." Physical education subject is a unique part of every student. Physical education is not a study of only your physical body; there are such a number of aspects in it. Physical education students learn about your physical, mental, emotional, social, ethical and psychological and much more aspects. Self-efficacy is a psychological variable which is prominent factor to an individual's personality.

Self-efficacy, additionally eluded as individual adequacy, is trust in one's own particular capacity to accomplish proposed comes about. Self-efficacy influences each zone of human attempt. By deciding the convictions a man holds in regards to his or her energy to influence circumstances, it firmly impacts both the power a man really needs to confront challenges ably and the decisions a man is well on the way to make. These impacts are especially obvious, and convincing, with respect to practices influencing health. As indicated by Albert Bandura, self-efficacy is "the faith in one's capacities to arrange and execute the game-plans required to oversee planned circumstances."

**Correspondence****Sukhchain Singh**

Research Scholar, Department of  
Physical Education, Punjabi  
University Patiala, Punjab,  
India

Dhillon, J.S. (2017) explored the relationship of self-efficacy to academic achievement in mathematics of government senior secondary school students of Punjab state. The result of study shows that there is significant difference between self-efficacy and academic achievement in mathematics.

Motlagh *et al.* (2011) inquired about the association between self-efficacy and academic achievement among auxiliary school understudies. A case of 250 understudies was picked by multistage pack testing. On the preface of results self-efficacy was found a noteworthy factor in educational achievement.

### Research Method

This examination was finished by descriptive technique for inquire about. Presumably, it is most famous research strategy to check current states of any sort of territories. As concern academic achievement in physical education, the achievement is taken from percentage of marks obtained in tenth class of rural senior secondary schools which are under in Punjab School Education Board. Self-Efficacy Scale by Sud, Schwarzer and Jerusalem (1998) was used to measure self-efficacy of senior secondary school students. In this scale there are 10 questions and it requires 4 minutes on an average. Scoring Responses are made on a 4-point scale. Aggregate up the reactions to every one of the 10 items to yield the last composite score with a range from 10 to 40. High score of the scale shows the high rate of self-efficacy.

The number of population in the examination was gathered from the government rural senior secondary schools of Punjab. Three districts (Hoshiarpur as high literacy rate level, Patiala as moderate literacy rate level and Mansa as low literacy level) were chosen by random technique from each level of literacy. This questionnaire was filled by 300 students (150 boys and 150 girls) of these three districts. Each district has 50 male students and 50 female students. Appropriate compatibility was set up with understudies before information

accumulation. They were guaranteed that the data given by them would be kept private and would be utilized just for the examination purposes. The directions given in the manual and test booklets were entirely hold fast too.

Descriptive measurements in particular mean, median, mode and standard deviation, Skewness, kurtosis and quartile deviation was utilized to think about academic achievement in physical education and self-regulation among rural senior secondary school understudies. The utilization of t-test was made to think about the importance of mean contrasts in academic achievement in physical education and self-regulation among rural senior secondary school understudies. Correlation was utilized to think about the relationship of academic achievement in physical education with self-regulation among rural senior secondary school students.

### Results and Discussion

As concern high and low group,  $Q_1$  and  $Q_3$  were ascertained to decide the high and low level of achievement. Findings revealed that maximum students are fall in the average group with frequency of 156, while low and high had 72 rural senior secondary school students in each as  $Q_1=59$  and  $Q_3= 75$ . To discover the significance difference between self-efficacy among two gatherings (low and high groups) of rural senior secondary school students on academic achievement in physical education t-test was utilized. The “t” value for academic self-efficacy is 2.59 which is significant at level of 0.01 with  $df= 142$ . As concern significant difference, the mean scores shows that low and high group students are significantly differing in academic self-efficacy. It may, hence, be said that high group of students have significantly better academic self-efficacy rather than low group students. This may be occur because of good examination propensities, proficient learning techniques and great motivation level of high group students rather than low achiever understudies.

**Table 1:** Comparison of Self-Efficacy between Low and High Groups of Rural Senior Secondary School Students on Academic Achievement in Physical Education

S. No.	Variable/Dimensions	Mean	Standard Deviation	t-Value	Significance
1.	<b>Self-efficacy</b>				
	High	35.30	3.72	2.59*	$p<0.01$
	Low	33.22	5.69		

\*Significant at 0.01 level ( $p<0.01$ )

The present investigation uncovered the correlation in between self-efficacy and academic achievement in physical education of rural senior secondary school students as ‘ $r$ ’= 0.12 at 0.05 level of significant. On reflecting over the results, self-efficacy and academic achievement are positively correlated to each other. Rural senior secondary school students have found positive significant relationship between self-efficacy and academic achievement in physical education. The consequences of the present examination run in accordance with the discoveries of Chowdhury *et al.* (2007) and Li (2012) who detailed that self-efficacy was positively significant related to academic achievement in physical education.

So, low and high group student’s result shows that high group students are significantly better rather than low achiever students in self-efficacy. The consequences of the present examination run in accordance with the discoveries of Arema and Tella (2009) and Ochieng (2015) thus loan support to aftereffects of study while Ramachandran and Minnelkody and Ayotola and Adedeji (2014) don’t loan support to the

consequences of the study as they found no significance difference in mean scores of self-efficacy low and high group students in mathematics.

### Conclusion

As concern self-efficacy we can say that academic achievement in physical education can be increased by a good self-efficacy attribute.

### Acknowledgement

I am ever appreciative to God, the Creator and the Guardian, and to whom I owe my extremely presence. At long last, Heartiest thanks and gratefulness are reached out to all understudies of rural senior secondary school students, who filled in as subjects for this examination and without whose assistance this investigation couldn't have been finished.

### References

1. Anderson SL, Betz NE. Sources of social self-efficacy expectations: Their measurement and relation to career

- development. *Journal of Vocational Behavior*. 2001; 58:98-117.
2. Arbabisarjou A, Zare S, Shahrakipour M, Ghoreishinia G. Relationship between self-efficacy and academic achievement of Zahedan University of Medical Sciences students in. *International Journal of Medical Research & Health Sciences*. 2016; 5(7S):349-353.
  3. Ayotola A, Adedeji T. The relationship between Mathematics Selfefficacy and achievement in Mathematics. *Procedia-social and Behavioral Science*. 2009; 1(1):953-957.