

A COMPARATIVE STUDY OF SELF EFFICACY AMONG ALL INDIA INTERVARSITY LEVEL AND NATIONAL LEVEL ATHLETES



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ABSTRACT

The main objective of the study was to compare self-efficacy among national level and All India level athletes. For this study, 40 subjects were selected in which 20 National Level athletes and 20 All India intervarsity level athletes were selected as subjects. The age of the subjects ranged from 18 - 25 Years. Random sampling technique was used to select the subject. The subject was selected from Punjab Technical University and Sports Authority of India Centre, Jalandhar to measure the Self Efficacy among National and All India intervarsity level athletes. To assess self- efficacy level of selected subjects, Self-Efficacy Scale (SSES) by Tsai, Chaichanasakul, Zhao, Flores & Lopez, (2014) was used in this study. This questionnaire is highly reliable and valid to measure the Self Efficacy of selected samples. 't' - test was used to compare the Self-Efficacy level of selected samples. Results of the study have found that Self Efficacy of National Level players are better as compare to the All India Intersarsity athletes.

Keywords: Self-efficacy, National & All India Level Athletes.

INTRODUCTION

Self-efficacy is all about your acceptance in your own abilities as it relates to allocating with various situations. Self-efficacy can show a big role in someone life, impacting not only how they feel about their self elf but also how successful they might be. Our belief in our individual ability to succeed plays a key role in how we think and how we feel. It also helps us establish our place in the world and can even determine what kind of goals we set and how we go about accomplishing those goals. This theory, proposed by Albert Bandura, plays a significant role for athletes and athletic performance. As coaches, if we can figure out how to nurture our athlete's self-efficacy, then we can

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begin to help them unlock their full athletic potential. The question is, how do we build practice plans and teach in a way that builds this self-efficacy? Fortunately, there are several sources of self-efficacy and examples of how to incorporate them into your practices. Below I have listed the sources and a few examples of how to implement them in practice. You may find that you have already been using a few in your practice plans.

Self-efficacy is common belief in their abilities to perform in ways that spring them resistor over events that affect their lives. Bandura (1977) used self-efficacy to symbolise a situational specific variable which influences performance and defines how much efforts individual will expend and how long they will persist in the face of obstacles and difficult experiences. Therefore, higher the self-efficacy more will be the intensive effort while lower the self-efficacy less will be the effort and difficult tasks will be viewed as threats.

Moritz et al (2000) examined the association between self-efficacy and performance in sport. Based on 45 studies (102 correlations), the average correlation between self-efficacy and sport performance was observed to be 0.38. Given the heterogeneity of findings, follow-up univariate and multivariate moderator analyses were conducted by them. The results of the study indicated that the most important mediator was concordance, thereby highlighting the importance of matching the self-efficacy and performance measures. Further arbiters examined by them involved the types of self-efficacy measures, the types of performance measures, the nature of the task, and the time of assessments. These variables accounted for approximately 44% of the variance in the self-efficacy-performance relationship.

OBJECTIVE OF THE STUDY

The main objective of the study was to compare self-efficacy among national level and All India level athletes.

METHODOLOGY

Total 40 subject (N = 40) in which 20 National Level athletes and 20 All India intervarsity level athletes were selected as subjects from Punjab Technical University and Sports Authority of India Centre, Jalandhar to measure Self Efficacy among National and All India intervarsity level athletes. The age of the subjects ranged from 18 - 25 Years and random sampling technique were used to select the subject. To assess self- efficacy level of selected subjects, Self-Efficacy Scale (SSES) by

Tsai, Chaichanasakul, Zhao, Flores & Lopez, (2014) was used in this study. Thus, the data were collected as per design of the study given in the procedure which was further subjected to statistical analysis. The results of the study are presented into following tables and figures.

RESULTS

The data of selected subject of Self Efficacy was subject to appropriate statistical and the results of both group has been presented in table 1 & 2 and depicted in figure 1 & 2 respectively.

Table No: 1
Comparison of Positive Self Efficacy among All India and National Level Athletes

GROUP/SUBJECT	N	MEAN	S.D.	't' VALUE
ALL INDIA INTERVARSITY ATHLETES	20	19.5	8.96	5.74*
NATIONAL LEVEL ATHLETES	20	22.5	10.5	

t VALUE AT 0.05 LEVEL = 2.02

It may be observed from table 1 that the mean value of positive self-efficacy of national level athletes was 22.5 and standard deviation (SD) was 10.5. Whereas mean value of All India Intervarsity level athletes 19.5 and standard deviation (SD) was 8.96.

The results further revealed that there were significant difference among National Level athletes and All India Intervarsity Level Athletes as the calculated value of $t = 5.74$ was greater than the tabulated value of $t = 2.02$ at 0.05 level.

Table No: 2
Comparison of Negative Self Efficacy among All India and National Level Athletes

GROUP/SUBJECT	N	MEAN	S.D.	't' VALUE
ALL INDIA INTERVARSITY ATHLETES	20	9.25	3.38	2.94*
NATIONAL LEVEL ATHLETES	20	12.6	7.80	

t VALUE AT 0.05 LEVEL = 2.02

The result of table 2 revealed that negative self-efficacy of national level athlete was 12.6 and standard deviation (SD) was 7.80. Whereas mean value of All India Intersarsity level athletes was 9.25 and standard deviation (SD) was 3.38.

The results further revealed that there were significant difference found among National Level athletes and All India Intersarsity Level Athletes as the calculated value of $t = 2.94$ was greater than the tabulated value of $t = 2.02$ at 0.05 level.

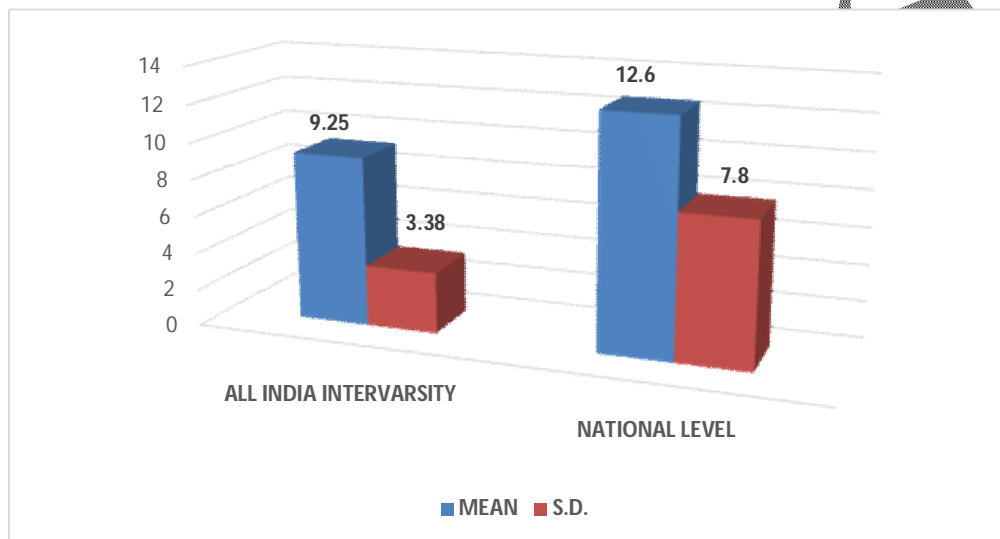


Figure 2 - Comparison of Negative Self Efficacy among All India and National Level Athletes

CONCLUSION

- There was a better self-efficacy in National Level athletes as compared to the All India Intersarsity Level athletes.

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