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Comparative study of self-efficacy between individual and team game players

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Abstract

This study comparatively analyzed self-efficacy in individual and team game players. For this purpose 50 players were randomly selected and equally distributed in two groups of individual and team games. It was hypothesized that there will be significant difference in self-efficacy among the players of individual and team games. To compare this t-test was applied; further Levene's test for equality of variances was used. In results F-value of 0.659 was found greater than p-value of 0.409 which confirmed equality of variances. Further it was found that t-value is insignificant as calculated p-value .348 is greater at 0.05 level of significance thus leading to conclusion that there is a insignificant difference in Self Efficacy among Individual game players and Team game players.

Keywords: Self efficacy, Individual games and team games

1. Introduction

Without confidence in one's ability an individual cannot perform to his or her potential. It is even possible that someone with lesser ability but with confidence can outperform this person because of belief in oneself can be a powerful influence. This is what we call self-efficacy. Self-efficacy, or the belief in one's own ability to perform a specific task successfully, is one of the most influential psychological constructs thought to affect achievement strivings in sports (Singer, *et al* 2001) [1]. Self-efficacy expectations should not be confused with outcome expectations. Outcome expectancies are defined as the belief that certain behaviors will lead to certain outcomes. Self-efficacy refers to the belief that one holds about his or her capability to successfully organize and execute the courses of action required to produce given attainments (Bandura, 1977) [2]. According to Bandura, a person's attitudes, abilities, and cognitive skills comprise what is known as the self-system. This system plays a major role in how we perceive situations and how we behave in response to different situations. Bandura described these beliefs as determinants of how people think, behave, and feel. Gould and his colleagues found that self-efficacy and team efficacy were chief among that factors that US Olympic athletes reported to influence their performance at the Nagano Olympic Games (Gould, Greenleaf, Lauer, & Chung, 1999) [3]. Research has shown how vicarious experiences in terms of modelling can enhance the self-efficacy of individuals and leads to enhanced performance (Feltz & Chase 1998) [4]. Individuals with high self-efficacy will participate readily and more frequently, will put more effort in and persist longer, enhancing performance in sports and exercise (Bandurra, 1986). More recently, Moritz, Feltz, Fahrbach and Mac (2000) [5] conducted a meta-analysis in order to clarify the existing literature surrounding self-efficacy and performance in sports and exercise. Self-efficacy and performance had a positive and moderately significant relationship, with an average correlation of .38. Athletes with a higher self-efficacy performed better than those with lower self-efficacy. These studies show how self-efficacy determines effort, persistence and performance in sports.

1.1 Objectives of the study

1. The first objective was to find out self-efficacy among Efficacy between individual and team games players.
2. The second objective of the study was to compare Self Efficacy between individual and team games players.

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1.2 Hypothesis

There will be a significant difference in Self Efficacy between the payers of Individual game and Team game.

2. Methodology

In this chapter the procedure to be adopted for the selection of subject, selection of variables, criterion measurers, collection of data and statistical technique to be used has been described.

2.1 The selection of subjects

The subject of this study was senior national and senior state level players of Punjab. The total number of subjects for this

study were 50 players (25 players were of individual games and 25 subjects were from team games).

2.2 Selection of tools

To study Self Efficacy between individual and team games players, Self-efficacy Questionnaire constructed by Dr. Arun Kumar and Dr. Shruti Narayan (2013) was used.

2.3 Statistical technique

To compare Self Efficacy between individual and team games players, 't-test' was used.

Table 1.1

	Levene's Test for Equality of Variances		t-test for Equality of Means				
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal variances assumed	.659	.409	.947	48	.348	-1.9600	2.0693

For implementing two sample t-test, equality of variance was tested out. As shown in the table1.1 F-value is 0.659 which was insignificant as the p-value is 0.409 is greater than 0.05, thus accepting the equality of variance among the unrelated group. As in the table 1.1 it is clearly evident that t-value is insignificant as calculated p-value is greater to 0.05 level of significance thus leading to conclusion that there is insignificant difference in Self Efficacy among Individual game players and Team game players.

3. Recommendations

1. It is recommended here for the future sports researchers and scholars to study and find out how various interventions can enhance efficacy beliefs.
2. It is also suggested to the sports researchers and scholars that along with the players they should also focus and widely study Self efficacy in coaches and leaders.

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