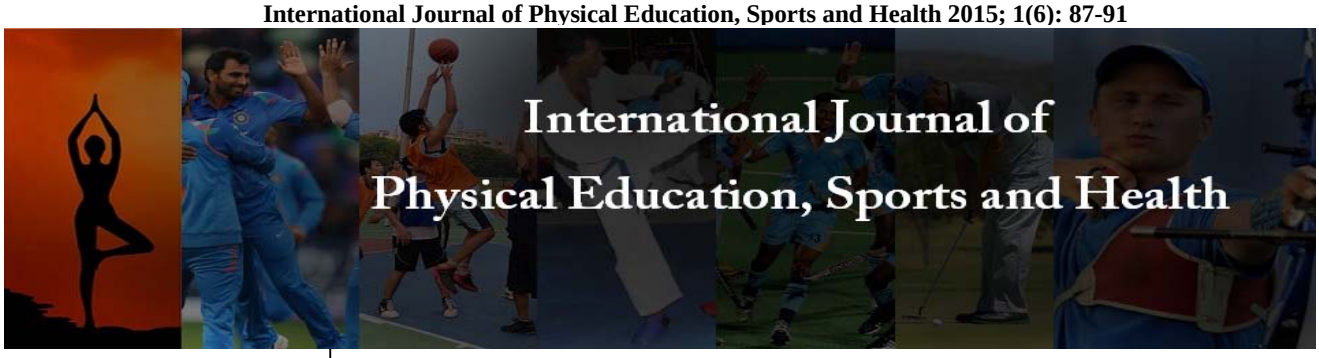

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A comparative study of self-efficacy between sportsman and non-sportsman players

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Abstract
The purpose of the study was toa compare the self-efficacy of sportsman and non- sportsman players. For this total 80 players (40 subjects sportsman players, 40 subjects of non- sportsman players) who had participated at national club level and aged between 17 to 22 yrs. were selected using purposive sampling technique. "Self-efficacy Questionnaire" a standardized sports psychological inventory designed by (Mr. Albart Bandura 1986), was used for data collection. The collected data was analyzed using Independent sample's' test. The results of the study showed that there was a no significant difference in self efficacy sportsman and Non- sportsman Players at 0.05 level of confidence. It was concluded that Non- sportsman players showed significantly more self-efficacy than the sportsman Players.

Keywords: self-efficacy, sportsman, non- sportsman.

1. Introduction

1.1 Theoretical Background of the study

Psychology is a science in which, we study about human behavior and Sports Psychology is primarily concerned with the analysis of behavior of sports persons. Sports psychology involves the study of how psychological factors affect performance and how participation in sports and exercises affect psychological and physical factors. Concentration, confidence, control, and commitment are generally considered the main psychological qualities that are important for successful performance in sports. Nowadays sports not only require physical skills, but a strong mental game as well. Self - efficacy and Locus of Control are complex components of mind. Self - efficacy is the most important single attribute and the key to understanding the behavior of an individual. The self - efficacy is how we think about and evaluate ourselves. To be aware of oneself is to have a concept of oneself. The term self - efficacy concept is a general term used to refer to how someone thinks about or perceives them. Self - efficacy is a multi - dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics. A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation). In the present scenario, sports have become highly competitive. All individuals are varying from each other. No two individuals are exactly alike. Personality traits are very important in sports.
Overall the literature supports, the idea that the mental preparation strategies have a positive effect on the performance as it is assumed that physical ability of an individual are related to his psychological structure because the environment in which the physical abilities are displayed constitute an ideal setting for the development of psychological characteristics as well. The rationale of this research work circles around the factors like self-efficacy which is the axis of human traits and to a large extent affects the outcome of the specific behavior. Self-efficacy is people's belief in their capabilities to perform in ways that give them control over events that affect their lives. Bandura (1977) [1, 8] used self-efficacy to denote a situational specific variable which influences performance and determines how much efforts individual will expand 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.
Most sport psychology researchers, applied consultants, coaches, and athletes agree that confidence is an essential contributor to optimal sport performance. Research has identified

confidence as a characteristic that clearly distinguishes between successful and unsuccessful athletes (Manzo, Mondi, Clark & Schneider, 2005) [2]. Self-efficacy as defined by Bandura (1977) [1, 8] is an individual's belief that she/he has the necessary skills to produce the desired outcome. Self-efficacy is considered as a situation-specific issue. Veale (1986) [5] applied these ideas of Bandura to the sport domain and developed sport confidence. Sport confidence is developed sport confidence concept which means the athletes' certainty that they have the ability to be successful in their sport. Self-efficacy is a self-judgment about the successful realization capacity of a performance (Bandura, 1984) [4]. Generally, it is an individuals' belief about what they are capable of doing. Self-efficacy belief is one of the important factors that affect an athletes' performance (Hardy, Woodman & Carrington, 2004). Most of the studies that investigated the relationship between performance and self-efficacy. /indicated a positive relationship. For example; Beauchamp, Bray, and Albinos (2002) [6] suggested stated that athletes who exhibit high performance have higher degrees of self-efficacy, whereas, athletes who exhibit poor performance have lower degrees of self-efficacy. According to Bandura's (1977, 1982) [1, 8, 3] theory of self-efficacy, self-efficacy is required for a competent and satisfactory performance. In competitive situations, higher self-efficacy belief and optimal emotional arousal produce a superior performance (Bandura, 1982) [3]. Bandura's model has been supported by researchers in the sport domain (Felts & Muggon, 1983; Gould & Weiss, 1981) [7, 11].

Sports are categorized in different categories i.e. contact, semi-contact and non-contact sports. Contact sports are those sports in which physical contact occurs among contestants during a competition. For Example: Judo, Kabaddi, wrestling and boxing. Semi-contact sports are those sports in which body contact occurs sometimes as per the demands of a situation. For example: Football, Hockey. Non-Contact sports are those sports in which no body contact occurs during a competition. For Example, Volleyball, Ball Badminton and Badminton.

Contact sports are inherently violent because they involve deliberate and forceful impacts. This can either be with fellow players, in the case of boxing, hockey and football, or with the ground in sports like rodeo and ski jumping. Limited contact sports, like volleyball, basketball and fencing, have a high probability of occasional, inadvertent contact, mostly due to loss of balance or control. Non-contact sports are not guaranteed to be injury-free, but are relatively or completely contact-free. All sports demand an increasing level of fitness, and benefit from targeted cross-training to build cardiovascular conditioning and strength. Non-contact sports offer the additional benefit of improved fitness with greater control over injury risks.

Sports in which physical contact between players is possible or even inevitable -- such as soccer, rugby and boxing -- are thrilling for athletes and spectators alike. However, that thrill comes with a price. Physical Separation in some noncontact sports separate athletes entirely, or at least place them in discrete lanes or portions of a playing area, greatly reducing the risk of body contact or head impacts. Examples include track, swimming, tennis and table tennis; in each case, the racers participate in separate lanes or separate sides of the court and, at least theoretically, should never make contact. Allowing players to take the field in turns, as is the case for golf, further limits the possibility of body contact. In a few sports, such as rowing, bodybuilding, ice skating, archery and some types of horseback riding, the nature of the sport makes body contact between players all but impossible.

A (full) contact sport is any sport for which significant physical impact force on players, either deliberate or incidental, is allowed for within the rules of the game. Contact actions include tackling, blocking and a whole range of other moves that can differ substantially in their rules and degree of application.

Examples of contact sports are Roller derby, Lacrosse, Rugby, American football, water polo, wrestling, and team handball. Full-contact martial arts include boxing, mixed martial arts, Brazilian jiu-jitsu, May Thai, judo, various forms of full contact game karate, wrestling and some forms of Taekwondo.

Limited Contact. Not all noncontact sports are, in fact, completely contact-free. In theory, sports such as volleyball, baseball, cycling and cricket allow little or no contact between players. However, body contact in these sports is, in spite of the rules, common to varying degrees. Some "noncontact" sports, such as whitewater kayaking, snowboarding and gymnastics, truly don't involve any direct contact between players; however, the very nature of the sport can still expose athletes to a higher risk of injury than playing milder noncontact sports does. The recent focus on the dangers of collision and contact sports, to both professional and student athletes has highlighted some of the serious injuries sustained through body blows. But there are plenty of opportunities for improving fitness and enjoying an athletic challenge that don't involve the risks that come from smashing into other people, stationary objects or the ground. Non-contact sports can be as demanding as any football game or boxing match with far less risk for permanent injury. The recent focus on the dangers of collision and contact sports, to both professional and student athletes has highlighted some of the serious injuries sustained through body blows. But there are plenty of opportunities for improving fitness and enjoying an athletic challenge that don't involve the risks that come from smashing into other people, stationary objects or the ground. Non-contact sports can be as demanding as any football game or boxing match -- with far less risk for permanent injury. Comparative Risks and Benefits

Contact sports are inherently violent because they involve deliberate and forceful impacts. This can either be with fellow players, in the case of boxing, hockey and football, or with the ground in sports like rodeo and ski jumping. Limited contact sports, like volleyball, basketball and fencing, have a high probability of occasional, inadvertent contact, mostly due to loss of balance or control. Non-contact sports are not guaranteed to be injury-free, but are relatively or completely contact-free. All sports demand an increasing level of fitness, and benefit from targeted cross-training to build cardiovascular conditioning and strength. Non-contact sports offer the additional benefit of improved fitness with greater control over injury risks. Contact sports are sports that emphasize or require physical contact between players. Some sports, such as mixed martial arts, are scored on impacting an opponent, while others, including rugby football, require tackling of players. These sports are often known as full-contact, as the sport cannot be undertaken without contact.

Other sports have contact, but such events are illegal under the rules of the game or are accidental and do not form part of the sport. The contact in contact sports can also include impact via a piece of sporting equipment, such as being struck by a hockey stick or football. Non-contact sports are those where participants should have no possible means of impact, such as sprinting, swimming, darts or snooker, where players use separate lanes or take turns of play. Consideration should also be given to other sports such as Moto-cross and Bicycle Moto-

cross (BMX) and cycling which all involve riding/racing in packs of riders. This often results in brushing and bumping off other riders. It can additionally result in crashing, and possible head injury. Even though these riders wear helmets, head injuries can be serious. Non-contact sports are sports where participants compete alternately in lanes or are physically separated such as to make nearly impossible for them to make contact during the course of a game without committing an out-of-bounds offense or, more likely, disqualification. Examples Include volleyball, baseball, softball, cricket, tennis, badminton, squash, golf, croquet, bowling, bowls, pool, snooker, darts, curling, bodybuilding, swimming, diving, running, sprinting, and gymnastics.

1.2 Statement of the Problem

Nowadays sports is becoming an over growing industry. Sportsmen require a very strong belief in their abilities. Hence the athlete needs to have self-efficacy to perform at different levels of sports and also different sports demands different levels of self-efficacy. Sportsman have a different environment compared to non-sportsman to attain high level of performance the athlete has to be mentally stable and should have a strong belief in their own abilities. Having a strong self-efficacy helps the athlete to perform better. Level of self-efficacy is different in sportsman players and non-sportsman players. Outcome self-efficacy is considered as a situation-specific issue in sportsman and non sportsman. Taking this concept in mind researcher have selected this topic "a comparative study of self efficacy between sportsman and non-sportsman players"

1.3 Significance of the Study

- The study will help the players to know their level of Self Efficacy.
- The study will help the coaches to know players Self Efficacy.
- The study will help to understand the self-efficacy of players playing sportsman and non sportsman.
- This study will also highlight the different between the self-efficacy of sportsman and non sportsman players.

1.4 Objective of the Study

- To assess the level of Self-Efficacy of sportsman players of Pune city.
- To assess the level of Self-Efficacy of non-sportsman players of Pune city.
- To compare the level of Self-Efficacy of sportsman and non sportsman players of Pune city.

1.5 Hypothesis of the Study

- **H_1**- There is a significant difference in level of Self Efficacy between Players of sportsman and non sportsman.
- **H_0**- There is no significant difference in level of Self Efficacy between Players of sportsman and non sportsman.

1.6 Assumption of the Study

- It was assumed that all the secondary school would grant permission to administer the study.
- It was assumed that all players will actively co-operate and fill up the questionnaire without any hesitations.
- It was assumed that all players for this study will follow the instructions and provide true information.

1.7 Limitation of the Study

- Family background, dietary habits and economic status were the limitations of the study.
- Training age of the players was the limitation of study.
- Player's lifestyle was also the limitation of the study.

The answers given by players in questionnaire were accepted to be correct and weren't cross checked. Hence it is considered as limitation of study.

1.8. Delimitation of the Study

- The study was delimited to the male players of Pune City aged between 13 to 15 years.
- This study was delimited to following sportsman and sportsman.
- Further, this study was delimited to national level players of the following sports clubs of Pune city.
  - Silver crest school
  - Dnyanganga English medium school

1.9 Operational Definition

- Self-Efficacy: Self efficacy refers to the belief of the athlete in oneself in performing a task keeping in mind the practice session in which they will be participating.
- Sportsman players:
- Non-sportsman players: All male players that have represented the state of Maharashtra at secondary schools.

3.1 Introduction

Methodology is description of procedure or technique adopted in research study. The methodology occupies a very important place in any kind of research the vehicle of research cannot perform its functions without it, since it is methodology which lays out the way of the research purpose. This method provides a method of investigation to study, describe and interpret what exists at present. This study deals with the comparison of study self-efficacy between sportsman and non-sportsman players.

3.2 Methodology

For the present study descriptive comparative method was used to assess and compare the self-efficacy sportsman and non-sportsman players

3.3 Sampling

For the present study the researcher used purposive sampling technique to select the sample from the population because the entire population for the study was not known.

3.3.1 Population

All the sportsman and non-sportsman players aged between 13 to 15 years from Pune City who in secondary school.

3.3.2 Sample

- From the student total 80 subjects (sportsman 40 players and non-sportsman 40 players) were selected purposive sampling technique for the present study.

3.4 Tools Used For Data Collection

The self-efficacy questionnaire (Mr. Albart Bandura 1986) was used to evaluate the self-efficacy of the subjects... It is a sport specific questionnaire to evaluate overall self-efficacy of the players. It consists of forty four questions. The subjects had to respond. The score for the questionnaire was prepared to know the self-efficacy of sportsman &non-sportsman

players. There were five options in questionnaire and students had to tick [Õ] on any one option provided below each question. There were no right or wrong answer.

3.5 Procedure
To enhance the cooperation of the subjects the researcher personally met the subjects, explained the purpose of investigation and gave a clear instruction regarding the method for answering the questions. The researcher distributed the questionnaire booklet for marking the responses. The researcher in person in a face to face relationship administered the entire questionnaire. The subjects went through the instructions, read each statement carefully and indicated their responses. All the filled in questionnaires were collected from the subjects and scoring was done according to the scoring key. Usually every individual of completed the questionnaire within the time limited. The questionnaire is prepared for knowing the self-efficacy of sportsman &non-sportsman players. Tick [Õ] any one option provide. There was no right or wrong answer. Solve all 44 questions. Maximum time limit for filling up the questionnaire is 30 minutes.

3.6 Statistical Tools
To evaluate the score of self-efficacy descriptive statistics were used. To compare the self-efficacy of sportsman and sportsman players't' test was used. To test the hypotheses, the level of significance was set at 0.05.

Data Analysis and Interpretation
4.1. Introduction
The data collected was analyzed using statistical technique such as t-test independent. In this chapter the data will be interpreted under two heads viz.

- Analysis and interpretation of self-efficacy score of sportsman.
- Analysis and interpretation of self-efficacy score of non-sportsman.
- Comparative analysis of the score of sportsman and non-sportsman.

All the statistical calculations were done using the 11.5 spas software.

4.2 Analysis and Interpretation
After data collection and scoring the next step is to analyze the data and verify the research hypothesis followed by interpretation. The details of data analysis and interpretation of results have been presented systematically in this chapter.

4.3 Analysis of Self Efficacy
4.3.1 Descriptive Statistic

Table 4.1: Descriptive Statistic of Self Efficacy between Non Sportsman and Non Sportsman Players

	Type	N	Mean	Std. Deviation	Std. Error Mean
score	sportsman	40	166.8750	21.83409	3.45227
	Non-sportsman	40	153.4000	19.36531	3.06192

The above table 4.1 shows the mean and standard deviation for self-efficacy of sportsman as 166.8750 and 21.834 respectively and the mean and standard deviation of self-efficacy of non-contact game 153.400 and 22.07 respectively.

4.3.2 Testing Of Hypothesis
The aim of this current study was to compare the self-efficacy of contact sportsman and no sportsman players.
For this purpose the research hypothesis was stated as, "H1- There is a significant difference in self efficacy between sportsman &non-sportsman players". The null hypothesis was stated as "H0- There is no significant difference in self efficacy between sportsman &non-sportsman players". The null hypothesis was tested using independent sample t test for all sportsman &non-sportsman players.

Table 2: shows the statistical analysis for self-efficacy using independent sample t test. Since the significant value is greater than 0.05 equal variance is assumed. The calculated t value (-.038) for df 78 shows that there is a no significant difference in Self Efficacy between sportsman and non sportsman players at 0.05 significance level (p=.032). Hence the research hypothesis was rejected and null hypothesis was accepted.

		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	95% Confidence Interval of the Difference	
									Lower	Upper
Score	Equal variances assumed	1.761	.188	-.038	78	.970	-.175	4.644	-9.422	9.072
	Equal variances not assumed			-.038	72.464	.970	-.175	4.644	-9.433	9.083

4.4 Conclusions
Researcher analyzes the collected data as per objective set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that is on significance difference between the self-efficacy of sportsman and non sportsman players. Hence research hypothesis is accepted.

4.5 Discussion of Findings
From the findings it was observed that there is no significant difference in the self-efficacy of sportsman and non sportsman players. This finding may be due to their past successful experience and may be due to the exposure of the players to various level of competition which improves their confidence and in turn their self-efficacy.
Bandura (1997) [1, 8] suggested that past sports experiences and repeated successes increase and build self-efficacy. Trait sport confidence was a strong robust belief in personal efficacy, while predictor of state sport confidence in super repeated failures.
As Bandura suggested that the Experience is very important for the players to have higher self-efficacy an in the present study the subject selected in both the groups had similar level of experience. This could be the reason that there was no significant difference found in the self-efficacy of sportsman and non sportsman players.

Fig 1: Graph of comparative self-efficacy between sportsman and non sportsman Players

5.1 Introduction

The chapter summarizes in short the entire research work done for the current topic. Along with its presents the major findings of the study and the conclusions are drawn based on the interpretation and findings. Further it puts forth the recommendations for further research work which can be carried out.

5.2 Summary

This study of self-efficacy of sportsman and non sportsman players of the secondary school affiliated to Pune city was undertaken to find the difference between the self-efficacy of sportsman and non sportsman players.

For the present study the researcher used purposive sampling technique to select the sample from the population because the entire population for the study was not known.

"The self-efficacy inventory test" was administered to all the selected sampling and data was collected from the selected sportsman and non sportsman players. The data gathered was statistically analyzed by applying independent's' test with the help of spas (11.5 version) software and interpretations were drawn.

After analyzing the collected data no significance difference were found between self-efficacy of the sportsman and non sportsman players.

5.3 Conclusion

On the basis of the result obtained in this study the investigator made the following conclusions:

- In this study, the distribution of self-efficacy score of sportsman and non sportsman players was nearly normal.
- The research study signifies that there is no significance difference found between the self-efficacy of sportsman and non sportsman players.

5.4 Recommendations for Further Studies

- This study can be conducted on female national players.
- This study can be conducted on players playing at different levels.
- This study can be conducted on contact and non-contact games.
- This study can be conducted by taking different games.
- This study can be conducted to compare between different geographical areas.

This study can be conducted gender wise

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