



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (RJIF): 5.38  
IJPESH 2017; 4(1): 65-67  
© 2017 IJPESH  
www.kheljournal.com  
Received: 13-11-2016  
Accepted: 14-12-2016

**Dr. Dolly**

Deputy Director Physical  
Education, Panjab University,  
Chandigarh, Punjab, India

**Himanshu Hooda**

Junior Research Fellow, Panjab  
University, Chandigarh, Punjab,  
India

**Harpal Singh**

Junior Research Fellow, Panjab  
University, Chandigarh, Punjab,  
India

**Dinesh Kumar**

Research Scholar, Panjab  
University, Chandigarh, Punjab,  
India

**Correspondence**

**Dr. Dolly**

Deputy Director Physical  
Education, Panjab University,  
Chandigarh, Punjab, India

# International Journal of Physical Education, Sports and Health

## A comparative study of general self-efficacy of University level swimmers

**Dr. Dolly, Himanshu Hooda, Harpal Singh and Dinesh Kumar**

**Abstract**

The aim of present study is to compare the male and female university level swimmers with regard to their general self-efficacy. To accomplish the study purposive sampling technique has been used to select the sample of the study. The sample of the study has been selected from the All India inter University Aquatics (M & W) Championship held at Panjab University Chandigarh from 24<sup>th</sup> to 28<sup>th</sup> October 2016. For this purpose, total ninety (90) swimmers male (45) and female (45) both have been selected for the study. The selected subjects were ranged between the age group of 17 to 28 years. To assess the General Self-Efficacy, Schwarzer, R., & Jerusalem, M. (1995), General Self-Efficacy scale was used. To find out the significance difference between male and female swimmers of university level with regard to General Self-Efficacy 't' test was applied through Statistical Package for Social Science (SPSS) version 16.0. The results of the present study show that male and female university level swimmers do not differ significantly with regard to their general self-efficacy.

**Keywords:** Self-Efficacy, swimmer, championship, sample

**1. Introduction**

Bandura's (1977) <sup>[2]</sup> theory of self-efficacy theory was developed within the framework of social cognitive theory. Although, originally, the theory was proposed to account for the different results achieved by diverse methods used in clinical psychology for the treatment of self-efficacy, it has since been expanded and applied to other domains of psychosocial functioning including health and exercise behavior (McAuley, 1992; McAuley & Mihalko 1998; O'Leary, 1985) <sup>[7, 8, 10]</sup>, and sport and motor performance (Feltz, 1988) <sup>[5]</sup>.

Performance accomplishments have proved to be the most influential source of efficacy information because they are based on one's own mastery experiences (Bandura, 1997) <sup>[3]</sup>. One's mastery experiences affect self-efficacy beliefs through the cognitive processing of such information. If one has repeatedly viewed these experiences as successes, self-efficacy beliefs will increase; if these experiences were viewed as failures, self-efficacy beliefs will decrease. The influence of past performance experiences on self-efficacy beliefs also depends on the perceived difficulty of the performance, the effort expended, the amount of guidance received, the temporal pattern of success and failure, and the individual's conception of a particular "ability" as a skill that can be acquired versus an inherent aptitude (Bandura, 1986; Lirgg, George, Chase, & Ferguson, 1996) <sup>[1, 6]</sup>. Bandura has argued that performance accomplishments on difficult tasks, tasks attempted without external assistance, and tasks accomplished with only occasional failures carry greater efficacy value than tasks that are easily accomplished, tasks accomplished with external help, or tasks in which repeated failures are experienced with little sign of progress. Miller (1993) <sup>[9]</sup> found a negative relationship between high self-efficacy perceptions of competitive swimmers and their motivation when they were given unchallenging goals. Self-efficacy plays an important role in good performance outcomes as observed in people with a strong sense of self-efficacy trying harder and overcoming obstacles in a better way. Looking at the importance of self-efficacy the present work has been undertaken by the researchers.

## 2. Objective of the Study

To find out the difference between male and female swimmers of All India inter University Aquatics (M & W) Championship held at Panjab University Chandigarh from 24<sup>th</sup> to 28<sup>th</sup> October 2016 with regard to their General Self-Efficacy.

## 3. Methodology & Procedure

To accomplish the study purposive sampling technique has been used to select the sample of the study. The sample of the study has been selected from the All India Inter University Aquatics (M & W) Championship held at Panjab University Chandigarh from 24<sup>th</sup> to 28<sup>th</sup> October 2016. For this purpose, total ninety (90) swimmers both male (45) and female (45) have been selected for the study. The selected subjects were

between the age group of 17 to 28 years. To assess the General Self-Efficacy, Schwarzer, R., & Jerusalem, M. (1995)<sup>16</sup>, General Self-Efficacy scale was used. To find out the significance difference between male and female swimmers of university level with regard to General Self-Efficacy 't' test was applied through Statistical Package for Social Science (SPSS) version 16.0. The level of significance was set at 0.05 level.

## 4. Findings of the Study

The descriptive analysis of General Self-Efficacy between male and female swimmers of all India inter university is presented in table no.1.

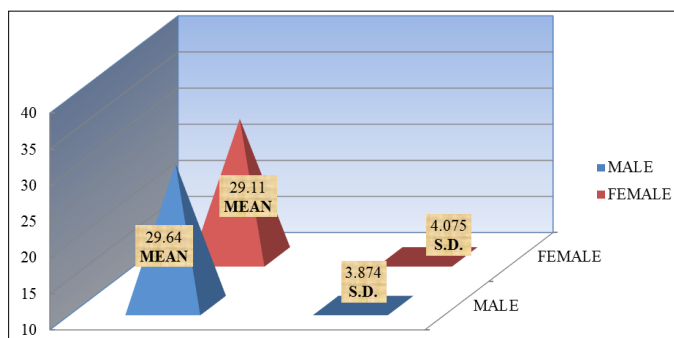
**Table 1:** Mean Representation of General Self-Efficacy of Male and Female Swimmers

| Variable              | Groups | Numbers | Mean  | Std. Deviation | t test |
|-----------------------|--------|---------|-------|----------------|--------|
| General Self-Efficacy | Male   | 45      | 29.64 | 3.874          | .636   |
|                       | Female | 45      | 29.11 | 4.074          |        |

Significant at .05 level  
't' .05 (df 88) = 1.98

The data showed in table no.1 pertaining to male and female swimmers of all India inter university with regard to General Self-Efficacy show that the mean and SD values registered by the male swimmers were 29.64 and 3.874, respectively. On the other hand, female swimmers have secured 29.11 and 4.074 as mean and SD values respectively. The t-value was not found to be statistically significant of General Self-Efficacy as the value obtained was .636 whereas; the tabulated value was 1.98 in 88 degrees of freedom at .05 level of significance which shows that the calculated value was less than the tabulated value.

**Figure-1**



**Fig 1:** The Graphical Representation of Mean Scores of Swimmers on the Variable General Self Efficacy

## 5. Discussion of the Findings

The finding of the study showed that there was no significant difference between male and female swimmers of all India inter university with regard to their General Self-Efficacy. The present study is in light with the findings of (Rajesh Kumar and Roshan Lal, 2006)<sup>[11]</sup> where no significant interaction effect of gender and self-efficacy was found. The depicted results of the present study thus points out that both males and females are self-efficient in sticking to their aims and accomplishing their goals. Both have been found confident in dealing the unexpected events efficiently. No difference has been found in the level of coping abilities while facing difficulties in both males and females. The results show that the level of managing the problems with their hard work is same in males and females both. Another study has showed no significant difference of self-efficacy of Male and Female

teachers belonging to government and private schools (T. Pradeep Kumar, 2013)<sup>[12]</sup>. Bandura (1997)<sup>[3]</sup> suggested that past sports experiences and repeated successes increase and build self-efficacy. The time lapse from self-efficacy assessment to performance is also important according to Bandura (1986)<sup>[11]</sup>.

## 6. Conclusion

It can be concluded that the inter university level swimmers are self-efficient and possess equal level of self-efficacy irrespective of gender bias.

## 7. Recommendations for Further Studies

More specifically, the same study can be conducted on swimmers playing at different levels and by taking different games with large sample size.

## 8. References

- Bandura A. Social Foundations of Thought and Actions: A Social Cognitive Theory. Englewood Cliffs, N I: Prentice Hall. 1986.
- Bandura A. Self-Efficacy: Toward a Unifying Theory of Behavioral Change. *Psychological Review*. 1977; 84(2):191-215.
- Bandura A. Self-Efficacy: The Exercise of Control. New York: Freeman. 1997.
- Bandura A. Social Learning Theory. Englewood Cliffs, NJ: Prentice-Hall, Inc. 1977b.
- Feltz DL. Self-confidence and sports performance. In K. B. Pandolf (Ed.) *Exercise and Sport Sciences Reviews*, New York: MacMillan. 1988, 423-457.
- Lirg CD, George TR, Chase MA, Ferguson RH. Impact of conception of ability and sex-type of task on male and female self-efficacy. *Journal of Sport and Exercise Psychology*. 1996; 18:426-343.
- McAuley E. Self-referent thought in sport and physical activity. In T. S. Horn (Ed.), *Advances in Sport Psychology*, Champaign, IL: Human Kinetics. 1992, 101-118.
- McAuley E, Mihalko SL. Measuring exercise-related self-efficacy. In J. L. Duda (Ed.), *Advancements in sport and exercise psychology measurement*. Morgantown, WV: Fitness Information Technology. 1998, 371-390.

9. Miller M. Efficacy strength and performance in competitive swimmers of different skill levels. *International Journal of Sport Psychology*. 1993; 24:284-296.
10. O'Leary A. Self-efficacy and health. *Behavior Therapy and Research*. 1985; 23:437- 452.
11. Rajesh Kumar, Roshan Lal., *Journal of the Indian Academy of Applied Psychology*. 2006; 32(3):249-254.
12. Dr. Pradeep Kumar T. A Comparative Study of Self Efficacy among Government and Private School Teachers. 2013; 2(1). ISSN No 2277-8160
13. Mahmood Rashid, Saeed Sumam Pandey. A comparative study of self-efficacy between sportsman and non-sportsman swimmer, *International Journal of Physical Education, Sports and Health*. 2015; 1(6):87-91. P-ISSN: 2394-1685, E-ISSN: 2394-1693.
14. Wiggins MS. Anxiety intensity and direction: Pre-performance temporal patterns and expectations in athletes. *Journal of Applied Sport Psychology*. 1998; 10:201-211.
15. Feltz DL, Chase MA. The measurement of self-efficacy and confidence in sport. In J. L. Duda (Ed.), *Advancements in sport and exercise psychology measurement*. Morgantown, WV: Fitness Information Technology. 1998, 63-78.
16. Schwarzer R, Jerusalem M. Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs*. Windsor, UK: NFER-NELSON, 1995, 35-37.