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## Assessment study on self-effectiveness and level of aspiration of state level volleyball players of Maharashtra

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### Abstract

The purpose of the present study is to find out Self-efficacy and level of aspiration of state level Volleyball Players of Maharashtra. Fifty (50) State level Volleyball players were stratified random sampling technique who participated in the state level tournament of Maharashtra within the age ranged from 19 to 25 years in Nagpur City. The data was collected by Questionnaire. The descriptive analysis of data was used in the study. The data was analyzed by percentage and graph. The Volleyball players of Maharashtra from Nagpur City were high level of Self-efficacy and Aspiration.

**Keywords:** Self-efficacy, aspiration, volleyball

### Introduction

Self-efficacy is defined as the belief in one's ability to execute certain actions in order to achieve a specific outcome. 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 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.

Self-efficacy is a term that refers to one's belief in one's own abilities to succeed at something. Albert Bandura, a psychologist, came up with the self-efficacy theory in the 1970's. He proposed that people who have high self-efficacy and those who have low self-efficacy are identifiable by unique characteristics on which they have opposing outlooks. For example, people with high self-efficacy tend to:

- Make a definite commitment to achieving high-level goals
- Seek out tasks and opportunities which are difficult and challenging
- Consider failures to be challenges which require additional effort
- Approach challenging situations with confidence

### In contrast, individuals with low self-efficacy are likely to:

- Have weak goals to which they are only marginally committed
- Avoid situations that are challenging
- Focus on the potential negative outcomes of tasks which they are about to undertake
- Play the victim instead of accepting responsibility for negative consequences
- Take failures personally and hesitate to continue on a task

### Self-Efficacy and Sports

Having defined self-efficacy and what differentiates individuals with high self-efficacy from those with low self-efficacy, it becomes evident that self-efficacy can play a vital role when it comes to students playing sports. When we think of sports like baseball, football, basketball, track, and soccer, for instance, we automatically envision successful athletes who are revered by spectators in the stands. These athletes, the ones hitting runs, scoring touchdowns, dunking basketballs, winning relays, and scoring goals, are the ones who have high self-efficacy.

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They are confident, accomplished, and get the job done. So, what about the players on the teams who are not so successful?

### **The Development of Self-Efficacy in Sports**

Every team has them - the benchwarmers. These are the players who sit on the sidelines, waiting for their moment to shine. Among them are the players who lack confidence in their ability to play the game, or win the race. Some of the reasons for the development of low self-efficacy in sports include:

- Past performance as an athlete during practice, scrimmage, or previous games or competitions
- Watching the performance of other players and viewing them as clearly superior in talent
- Poor coaching or coach specific feedback
- Receiving little to no support or encouragement
- Not being provided with the opportunity to demonstrate athletic skill
- Witnessing favoritism in an unfair environment
- One's physical and mental health

Man is the only creature who is inquisitive about the Universe-its services and wonders. In the opening, this inquisitiveness was about concrete things but soon after the focus shifted to abstract metaphysical concepts such as soul, mind, spirit etc. Some logical inclined thinkers became interested in the understanding of emotional processes and the various inspirations on human performance. Physical education delivers consciousness and learning boldness for the physical, mental, emotional, social and spiritual development of the human personality that strengthens the social associations and inspects the impact of contact between the individual, the family, the wider community and the environment on the health of population. Physical education and sport's access every human being has fundamental right for full advance of personality to develop physical, intellectual and moral powers through the educational System and in other aspects of social life. Movements are preshaped in thought, and individuals forestall either hopeful or doubtful scenarios in mark with their level of self-efficacy. Once an action has been taken, high self-efficacious persons invest more effort and persist longer than those with low self-efficacy. When setbacks occur, the former recover more quickly and maintain the commitment to their goals. Self-efficacy also allows people to select challenging settings, explore their environments, or create new situations. A sense of competence can be acquired by mastery experience, remote experience, verbal encouragement, or physiological feedback. Self-efficacy, however, is not the same as positive impressions or unrealistic optimism. Effectiveness is using images mediated the relationship between imagery ability and imagery use. People with low self-efficacy toward a duty are more likely to escape it, while those with high self-efficacy are not only more likely to attempt the duty, but they also will work harder and persist longer in the face of difficulties. Self-efficacy influences: what activities students select, (2) how much effort they put forth, (3) how persistent they are in the face of difficulties, and (4) the difficulty of the goals they set. Students with low self-efficacy do not expect to do well, and they often do not achieve at a level that is proportionate with their aptitudes. They do not believe they have the skills to do well so they don't try.

### **Statement of the Problem**

The aim of the present study is to find out self-efficacy and level of aspiration of state level Volleyball Players of Maharashtra.

### **Objective of the Study**

1. To conduct the test of self-efficacy and level of aspiration of state level Volleyball players of Maharashtra.
2. To find out self-efficacy and level of aspiration of state level Volleyball Players of Maharashtra.

### **Delimitation**

The following are the delimitation of the Studies:

1. The study was delimited to Volleyball Players only.
2. The Study was delimited to individuals between the chronological ages range from 19 to 25 years.
3. The study was further delimited to State Volleyball players of Maharashtra State.
4. Research was delimited to questionnaire study only.
5. The study was further delimited to following parameters namely
  - Self efficacy
  - Self aspiration

### **Limitation**

1. This study has not taken into cognizance of the influence of outside agencies and communities.
2. The researcher had no control over the daily lifestyle of the subjects which might influence the study may be consider as a limitation.

### **Significance of the Study**

The following are the significance of the study

1. The result of the present study may by the foundation for a better and improved program and facilities in the special and peculiar condition of Nagpur city.
2. This study will also helpful to those coming students who work on this field.
3. The result of the present study would give the knowledge about self-efficacy and level of aspiration.
4. This research may also make all those concerned authorities and profession in self-efficacy and aspiration to their players.

### **Methodology**

The present study was undertaken with a view to compare the self-efficacy and level of aspiration of State level Volleyball players of Maharashtra. Fifty (50) state level Volleyball players were stratified random sampling technique who participated in the state level tournament of Maharashtra within the age ranged from 19 to 25 years in Nagpur city. The data was collected by administering the Schwarzer, R and M Jerusalem Selfefficacy Questionnaire and John J Ray, Fear of success and level of aspiration Questionnaire. The descriptive analysis of data was used in the study. The data obtained from given responses in the questionnaire rated according to the key and data was analyzed by percentage and graph.

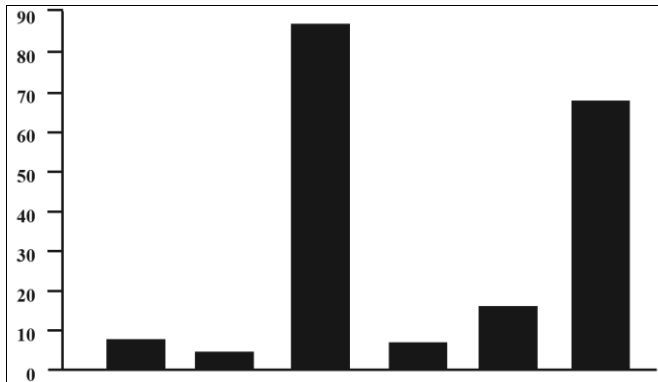
### **Results**

Self-efficacy and level of aspiration of state level Volleyball Players of Maharashtra which was conducted on the entire subject by using the Schwarzer, R and M Jerusalem Self-efficacy Questionnaire and John J Ray, Fear of success and level of aspiration Questionnaire were highlighted in Table 1 and Figure 1.

**Table 1:** Level of Scoring for Self-efficacy and Aspiration of State level Volleyball players of Maharashtra

Variables	Level of Scoring	Scoring	No. of Players
Self-efficacy	Low	10-20	5
	Moderate	21-30	2
	High	31-40	43
Aspiration	Low	10-20	4
	Moderate	21-30	11
	High	31-40	35

From the Table 1 revealed that the level of Self-efficacy and Aspiration of State level Volleyball players of Maharashtra found to be high scoring in between 31-40 which had 43 (forty three) players out of 50 (fifty) and 35 (thirty) players out of 50 (fifty) respectively. Figure 1 stressed the graphical.



**Fig 1:** Level of Percentage for Self-efficacy and Aspiration of State Level Volleyball Players of Maharashtra representation for Self-efficacy and Aspiration of state level Volleyball players of Maharashtra showed highest 86% and 70% respectively on the score level of 31-40. Hence it proved that the Volleyball Players of Maharashtra from Nagpur City were high level of Self-efficacy and Aspiration.

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