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A comparative study of self-efficacy of contact and non contact game players

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Abstract

Purpose of the study was to compare the self efficacy of contact and non contact game players. 70 players (30 non contact and 40 contact players) participated as the samples for the study. Albert Bandura's "Self- efficacy scale questionnaire" was used to gather the required data. Self-efficacy measures players efficacy level, belief in their abilities on their individual games. To find out the difference between Contact and non contact game players self efficacy independent sample t-test was used as the statistical technique. Result reveals that there is significant difference in contact and non contact game player's self-efficacy. The implication of results are discussed.

Keywords: self- efficacy scale questionnaire, significant difference in contact, statistical technique

Introduction

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 is the 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. 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] 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, Mondy, Clark & Schneider, 2005). Self-efficacy as defined by Bandura (1977) ^[1]. 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) 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) ^[3]. Generally, it is an individual's belief about what they are capable of doing. Self-efficacy belief is one of the important factors that affect an athlete's performance (Hardy, Woodman & Carrington, 2004). According to Bandura's (1977, 1982) ^[1, 2]. 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) [2]. Bandura’s model has been supported by researchers in the sport domain (Felts & Muggon, 1983; Gould & Weiss, 1981).

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. 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. 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.

Mahmood Rashid Saeed, Sumam Pandey (2013) [4] compare the self-efficacy of contact game and non-contact game players. For this total 80 players (40 subjects contact game players, 40 subjects of non-contact game players) who had participated at national club level and aged between 17 to 22 yrs. were selected using purposive sampling technique. “Self-efficacy Questionnaire” was used to collect the data. 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 Contact Game and Non-Contact Game Players at 0.05 level of confidence. It was concluded that Non-Contact Game players showed significantly more self-efficacy than the Contact Game Players.

Only few studies have been done on these topics. So researcher is keen to identify the differences of self efficacy between contact and non-contact game players.

Method

For the purpose of study, 40 Contact game players and 30 Non-contact game players were served as the subjects for the study. Data was collected in Hubli and Dharwad. In the collection of data General self-efficacy scale questionnaire of Albert Bandura (1980) was used. The general self-efficacy measures players efficacy level, belief in their abilities on their individual games.

There are ten questions related to self-efficacy was asked in the questionnaire. Students has to response their feeling about those questions by following responses.

- Not at all true - 1 point
- Hardly true - 2 points
- Moderately true - 3 points
- Exactly true - 4 points

A number of statements were used to describe the feelings of players. Each sportsman was asked to respond to each statement and then make a right mark in particular indicate column to how he felt about that statement. There were no right or wrong answers. They were asked not to spend too much time to any one question. But choose the answer, which describe their feelings for that statement. Each statements score was added to obtain the personal self efficacy score (As prescribed in the tool used for the study) of individual athlete . Then mean and standard deviations were calculated. Then to obtain difference between the mean of contact and non contact game’s self efficacy score data was subjected to independent sample t test by using SPSS- XXI version statistical software.

Result

Presented in table1 is the mean and standard deviation self-efficacy score of contact and non-contact games players. From this we can observe that contact games players are having higher mean than the non-contact games players. To verify whether contact and non-contact game players mean self efficacy score significantly different at 0.05 level of significance, data is subjected to independent sample t-test.

Table 1: Mean and standard deviate on of self-efficacy score of contact and non-contact games players

Type of sports	N	Mean	Std. deviation
Efficacy score Contact	40	32.20	4.22
Non-contact	30	28.43	5.64

Table 2: Independent sample t-test table of self-efficacy score of contact and non-contact games players

		t	Df	Sig.(2-tailed)	Mean differences
Efficacy score	Equal variances assumed	3.195	68	0.002*	3.76667
	Equal variances not assumed	3.068	51.722	0.003	3.76667
		t	Df	Sig.(2-tailed)	Mean differences
Efficacy score	Equal variances assumed	3.195	68	0.002*	3.76667
	Equal variances not assumed	3.068	51.722	0.003	3.76667

*= p ≤ 0.05

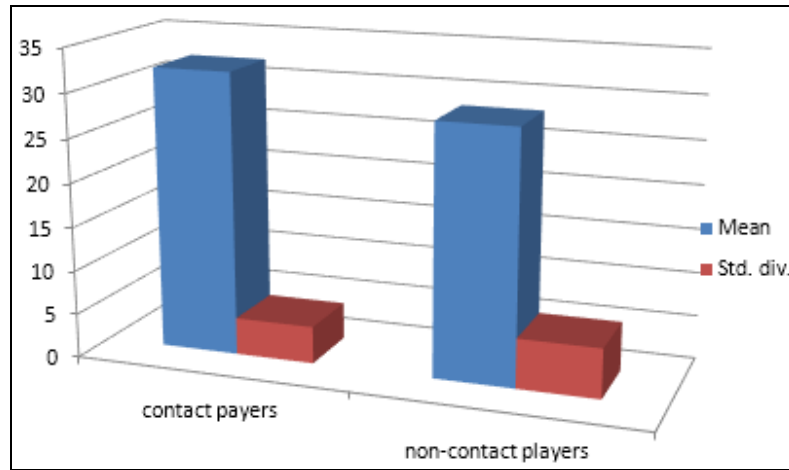


Fig 1: Mean and standard deviation table of Contact and Non-contact game player's self-efficacy.

Table 2 reveals that significant mean difference in contact and non-contact games player's self-efficacy. So by observing Table-1 we can conclude that Contact game player's self efficacy is significantly higher than the Non contact game's players.

Discussion

The results shows that contact game players are having higher self efficacy score than the non-contact game players. Contact game players need to be more aggressive in their game to gain the success. In that process to attack the opponent contact game players has to know their strength and weaknesses well and as well as their opponents strength and weaknesses. Before competing physically with every opponent it is necessary to know one selves strength and weaknesses. This might influenced on the results of this study. Because one who knows about himself will do good in competitions that is nothing but self- efficacy of a person. So it might be assumed that contact game players are good about understanding or nature of their game helped them to understand their personal characteristics which help them in sports competition.

Conclusion

From the result we can conclude that Contact and Non contact games players significantly differ in their self efficacy and Contact game players possesses significantly higher self efficacy than the non-contact players.

Recommendation

- 1) In this study for contact and non-contact game only one game in each category was considered. Few more games in each group may be added for further study.
- 2) This study was done for 16 to 25 years age category Dharwad district players. Study can be extended to further age group and can be done for players who participated in national and international level tournament.
- 3) Sample size taken for the study is meager. So sample size should be increased in further study.
- 4) Only self efficacy questionnaire was administered in the study. For further studies we can add other psychological dimensions like aggression, goal setting, anxiety, motivation etc.

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