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Building and applying scale of perceived self-efficacy and its relationship to performance of some basic skills for volleyball players

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Abstract

Researcher in sports field and since beginning of last century began attention to psychological aspects that have taken its place to develop skill and planning aspects in preparing athlete, as development of sport and upgrading of athletes to high levels and subject of self-efficacy has a significant role in knowing degree of influence on players' performance promise One of decisive factors in completion of maximum performance, especially in sports field, has formulated Bandura. A document between concept of self-efficacy and human behavior in various areas of life, that self-efficacy contributes to determining behavior of principles of individuals, as it determines degree of its motivation, amount of effort made and degree of perseverance make when assigned to accomplish a specific task, and reform self-efficacy may be an effect between performance of athletes And various achievements, especially in sports field, and research community included (75) students in fourth stage of academic year 2022/2023 were divided as follows Building sample: construction sample included (60) students representing (80%) for sake of construction of statistical analysis of paragraphs, and also selection of 10 students from 60 for purposes of exploratory experience and scientific foundations. Recommendations:

1. Emphasizing development of self-efficacy, perceived for players, Faculty of Physical Education and Sports Sciences, because of its great impact on psychological state and level of performance of players
2. Emphasizing development of basic skills performance players of Faculty of Physical Education and Sports Sciences in volleyball.

Keywords: Scale, perceived self-efficacy, basic skills, volleyball

Introduction

Development of physical education in any country depends on scientific planning that uses all sciences and knowledge with full awareness to establish elements of sports construction and its progress on strong and solid foundations, and perhaps one of most important of sciences is sports psychology. Researchers in sports field have begun and since beginning of last century attention to psychological aspects Which took its place beside vial, skill and planning aspects in preparing athlete, as development of sport and upgrading of athletes to high levels made reach close levels of skill and planning aspects, and made psychological aspects extremely important in achieving great sporting achievements as nature of high mamatical levels of athlete requires a necessity Using his physical, skill and psychological abilities in an integrated manner to try to achieve best possible level. In this regard, it indicates convergence of methods of physical, skill and planning numbers and its principles to a large degree in recent years, and reform need for more interests in psychological aspect of athletes appeared (Ratib and Morsi,) subject of self-efficacy has a significant role in knowing degree of influence On performance of players, a promise of decisive factors in accomplishing maximum performance, especially in sports field, and Bandura formulated concept of self-efficacy from his perception of behavioral change that occurs by cognitive mechanics of effectiveness And achieving a confirmed result, "(Osama Kamel & others: 1999) and indicates that self-efficacy is not a characteristic of personal features, but rar a set of judgments that do not relate to what individual accomplishes only, but also by judging what he can accomplish and it is a product of personal ability and is measured as specific expectations related to specific behavior in A specific position at same time, self-efficacy is subject to generalization through different

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behaviors and situations based on similarity between m in terms of required variables and skills (Bandura, A.: 1994) ^[8] and adds that self -efficiency is determined while individual will realize task that he wants to carry out as representing it. He has an opportunity or a threat, and thus influenced his decision related to work or abstinence of it, as well as behavior of initiative and his perseverance in positions of achievement from what was previously mentioned after current research is a scientific attempt to appoint workers in field of sports training and sports education in terms of oretical and applied, as for oretical aspect It is expected that current research will provide a new vision that takes principle of inclusion and consensus in all that has presented concept of self -efficacy to reach top of mamatical achievements, from an application.

Research Problem

There is a close link between concept of self -efficacy and human behavior in various areas of life, that self -efficacy contributes to determining behavior of principles of individuals, as it determines degree of motivation, amount of effort made and degree performance of athletes and various achievements, especially in sports field. (Bandura) describes expectations of self -efficacy as individual's sense of his ability to control behavior and actions, and in this sense it is clearly related to expectations of performance effort) in sense that expectations of self -efficacy focus on believing in individual's ability to make required effort to achieve this performance and thus "predictions of self -efficacy It contains more than just an effort. In addition to effort, motives and cognitive and personal factors. Through previous presentation of concept of self -efficacy and its impact on individual's performance, personal relationships and emotional feelings, and despite modernity of this concept, he did not receive necessary attention by researchers in sports field, according to researcher knowledge. Learn about degree of self -efficacy in athletes by building a Scale of self -efficiency.

Research Aims

1. Building a self-efficiency scale perceived for players, Faculty of Physical Education and Sports Sciences, Basrah University.
2. Learn about self-efficacy perceived for players of Faculty of Physical Education and Sports Sciences at Basrah University.
3. Learn about relationship between perceived self-efficiency and some basic skills in volleyball players Faculty of Physical Education and Sports Sciences at Basrah University.

Research hypotheses

1. There is a relationship of correlation with moral statistical between perceived self-efficiency and skill of volleyball.
2. There is a statistically significant correlation between perceived self-efficiency and skill of Serve from highest volleyball for volleyball players in Faculty of Physical Education and Sports Sciences at Basrah. University.

Research Fields

1. Human field: Fourth stage students in Faculty of Physical Education and Sports Sciences at Basra University for academic year 2022/2023
2. Spatial field: closed sports hall at Faculty of Physical Education and Sports Science at Basra University.

3. Time field: From 15 / 10 /2022 to 15 / 2 /2023.

Methodology and Procedures

Research Methodology

curriculum is way that leads to discovery of a certain fact, as " nature of problem is one that imposes curriculum that can be used "(Hassan Ahmed Rasoul& Suzan Ali: 1999) ^[3] so researcher used descriptive curriculum in style of survey and correlations of its suitability of nature of research problem and it is one of basic curricula in descriptive research that He seeks to collect data from "community members to try to determine current situation for him with a specific variable or variables" (Muhammad Hassan Allawi & Osama Kamel Ratib: 1999) ^[3].

Research Community and Sample

Research community included (75) students in fourth stage Faculty of Physical Education and Sports Science at Basrah University academic year 2022/2023 and were divided as follows.

Building Sample

Building sample included (60) students representing (80%) for sake of construction of construction statistical analysis of paragraphs, and also selection of (10) students from (60) for purposes of exploratory experience and scientific foundations.

Application Sample

Application sample included (15) students, and percentage of 20% formed a percentage of which was to extract correlation transactions between scale and basic skills of volleyball.

Devices, tools & Data Collection Means

For purpose of obtaining statement, accurate scientific information for purpose of implementing work in best image of researcher to use of a group of research means, namely

1. Arab and foreign sources
2. Estabyan (Perceived self-efficiency) interview
3. Build scale tool
4. Sony Calculator

Research Tool

Due to lack of a measure that measures self -efficiency perceived of students of College of Bedouin Education and Sports Sciences at Basra University, researcher embraced construction of this scale to be a tool to measure this. All researchers do construction process for tests and scale when existing is not suitable for specific environment. Or when re is a need to develop scale (Muhammad Nasruddin Radwan: 2006). Planning for scale and axes are determined by scale Drafting paragraphs of each axis (after), applying vertebrae based on research sam.

Determine Dimensions of Scale and paragraphs and formulation

For purpose of carrying out process of determining dimensions, it was necessary to review literature of research, oretical oretical, and similar studies related to topic of research (Sally Talib Alwan: 2012) ^[7] and study (Sami Jameel: 2015) and study (Louay Khazaal: 2011) as well On review of research on scientific sources in same topic, as this helps in forming and building dimensions in a generalized and comprehensive way and identifying largest possible number of inclusiveness such as study (Al-Nabhan: 2004) and dimensions of main scale were determined, which are five

dimensions emotional field Social field field of persistence and perseverance cognitive field Academic field

As se dimensions were presented with a simple definition of each of m in a questionnaire with paragraphs of each dimension to masters with experience and specialization in field of psychological and sports sciences, measurement and evaluation, and ir opinions were requested about validity of dimensions and paragraphs, and to formulate m and conduct process of deletion and amendment to what y see appropriate to subject of research and shows Appendix No. (1) scale and its paragraphs are presented to specialists. After that, process was carried out and opinion was made. agreement was obtained by 85% 100%. cognitive field (10) paragraphs Social field (9) paragraphs Insistence and perseverance (8) paragraphs cognitive field (8) paragraphs Academic field (8) paragraphs

It was in his formulation of paragraphs, which comes that paragraphs are made easily reading and facilitated change, clarity of content of paragraphs and lack of difference in ir interpretation, to measure paragraph one of dimensions affiliated with a scale and linked with it (Fathi Mustafa& Safwat Faraj: 1997) ^[11]

Scientific Foundations of Scale

Until scale is used permanently and this use is in line with all steps that qualify it to be an accurate measure and has ability to measure components and paragraphs that were reached, it was necessary to extract scientific foundations for it and this was done through following.

Apparent Honesty of Scale

For purpose of obtaining apparent honesty of scale, it was presented with its dimensions and paragraphs to specialists in field of educational and psychological sciences, sports science, measurement and evaluation, as this is a method that is one of methods of ensuring sincerity of scale and indicates

that test can be considered honest after presenting it to a number of specialists and experts In field that test measures, if experts acknowledge that test measures behavior that was set for its measurement, researcher can rely on opinion of news and ir ruling (Khair al -Din Owais: 1999). This type of honesty was obtained in our construction of this scale through agreement that took place between specialists On a percentage of (75%), more about deportations and vertebrae powers, with amendments that y referred to, noted that no paragraph was deleted, but some of m were modified as a result of linguistic, printed and or errors that were not directed in form of an order

Content of content

This type of honesty is achieved through clarity for each dimension and paragraphs. Al -Hakim 2004 indicates that content of scale is mainly dependent on extent of possibility of representing test or measure of contents of its elements, as well as extent of its representation of positions and aspects that it measures sincere and homogeneous (Mustafa al -Hakim: 2004).

Statistical Analysis in style

Also called sincerity of hypothetical training, as (Sami Melhem: 2000) indicates that construction is a trait, psychological character or characteristic that cannot be observed, but we are inferred through behaviors associated with Sami Muhammad Melhem, Syria, 2000 ^[8], and that one of characteristics of a good measure is its ability to distinguish between individuals who y enjoy a high degree of characteristic, adjective or ability on one hand and between those who have a low degree of same characteristic or characteristic of property on or hand. (27%) of each group has been approved, given that paragraph discrimination factor is sensitive It is more stable in case of using this percentage for large samples and Table No. (1) discriminatory ability of paragraphs.

Table 1: Discriminatory ability of paragraphs between upper and Minimum group

Paragraphs number No	Upper group		Minimum group		T Collected	Sig	Indication
	M	S	M	S			
1	2.96	0.98	3.88	0.78	0.34	0.89	UN Distinctive
2	2.3	0.91	3.68	1.28	-4.51	0.00	Distinctive
3	2.89	0.97	3.6	1.12	-2.45	0.02	Distinctive
4	3.04	0.98	3.8	1.12	-2.62	0.01	Distinctive
5	2.33	1.14	3.32	1.28	0.04	0.98	UN Distinctive
6	3.33	1.24	3.92	0.76	-2.04	0.02	Distinctive
7	2.7	1.17	3.52	1.12	-2.56	0.01	Distinctive
8	2.52	1.09	3.8	1.26	-3.94	0.01	Distinctive
9	2.63	1.33	3.96	1.17	-3.81	0.00	Distinctive
10	3.19	1.52	4.08	1	-2.49	0.01	Distinctive
11	2	0.92	4.16	0.94	-8.36	0.00	Distinctive
12	2.37	1.42	4.08	0.81	-5.28	0.00	Distinctive
13	3.52	1.19	4.16	0.8	-2.26	0.03	Distinctive
14	1.96	0.85	4.12	0.97	-8.52	0.00	Distinctive
15	3.7	1.49	3.6	1.08	0.29	0.89	UN Distinctive
16	2.19	0.68	3.4	1.47	-3.87	0.01	Distinctive
17	3	1.21	3.88	0.88	-2.98	0.02	Distinctive
18	3.37	1.04	4	0.5	-2.74	0.02	Distinctive
19	2.48	1.28	3.72	0.98	-3.89	0.01	Distinctive
20	3.07	1.33	3.88	0.97	-2.48	0.03	Distinctive
21	3.59	1.05	3.72	1.06	-0.44	0.76	UN Distinctive
22	2.04	0.71	3.36	1.41	-4.33	0.00	Distinctive
23	3.3	0.95	3.84	0.85	-2.16	0.01	Distinctive
24	2.37	0.97	3.6	1.04	-4.42	0.00	Distinctive
25	3.44	1.01	4.16	0.99	-2.58	0.02	Distinctive

26	2.19	0.83	3.4	1.08	-4.56	0.00	Distinctive
27	2.59	0.75	3.84	1.21	-4.5	0.00	Distinctive
28	3.22	0.89	3.72	0.84	-2.07	0.03	Distinctive
29	4.07	1.11	3.8	1.08	0.9	0.68	UN Distinctive
30	2.19	0.92	3.84	0.94	-6.4	0.00	Distinctive
31	3.41	0.89	3.48	1	-0.28	0.87	UN Distinctive
32	2.56	1.05	3.56	1.23	-3.18	0.01	Distinctive
33	2.37	0.88	3.24	1.13	-3.11	0.01	Distinctive
34	2.3	1.07	4.12	0.83	-6.83	0.00	Distinctive
35	3.81	0.74	3.92	1.04	-0.42	0.67	UN Distinctive
36	2.44	1.12	4.04	0.84	-5.77	0.00	Distinctive
37	3.41	0.84	3.6	1.04	-0.74	0.69	UN Distinctive
38	3.07	1.24	3.76	0.66	-2.46	0.01	Distinctive
39	3.48	1.12	3.52	0.92	-0.14	0.89	UN Distinctive
40	3.7	0.91	4.32	0.85	-2.51	0.02	Distinctive
41	2.52	1.09	3.44	1	-3.17	0.01	Distinctive
42	3.56	1.12	2.8	1.35	2.2	0.03	Distinctive
43	2.74	1.4	3.8	1.04	-3.07	0.01	Distinctive

(9) Cansel phrase remained (34): We find some of phrase with different numbers note phrases that fell in discrimination do not enter into consistency, i.e. in next table, so we find some of phrase, its numbers are different. An example we started in phrase (2) of fall of phrase (1) first table.

Internal consistency researcher used method of relationship of paragraph in overall degree, as Pearson correlation laborator (Alleny, Yen: 1979).

Table 2: Correction factor between scale paragraphs and total score of scale

Paragraphs Number	Correction factor	Sig	Classification of correlation (Consistency)
1	0.618	0.00	Moral (consistent)
2	0.397	0.01	Moral (consistent)
3	0.397	0.01	Moral (consistent)
4	0.294	0.03	Moral (consistent)
5	0.452	0.00	Moral (consistent)
6	0.449	0.00	Moral (consistent)
7	0.561	0.00	Moral (consistent)
8	0.396	0.01	Moral (consistent)
9	0.736	0.00	Moral (consistent)
10	0.626	0.00	Moral (consistent)
11	0.263	0.05	Moral (consistent)
12	0.824	0.00	Non -moral
13	0.653	0.00	Moral (consistent)
14	0.399	0.01	Moral (consistent)
15	0.393	0.01	Moral (consistent)
16	0.591	0.00	Moral (consistent)
17	0.428	0.00	Moral (consistent)
18	0.664	0.00	Moral (consistent)
19	0.427	0.00	Moral (consistent)
20	0.622	0.00	Moral (consistent)
21	0.229	0.06	Non -moral
22	0.64	0.00	Moral (consistent)
23	0.644	0.00	Moral (consistent)
24	0.267	0.06	Non -moral
25	0.58	0.00	Moral (consistent)
26	0.51	0.00	Moral (consistent)
27	0.434	0.00	Moral (consistent)
28	0.722	0.00	Moral (consistent)
29	0.66	0.00	Moral (consistent)
30	0.324	0.03	Moral (consistent)
31	-0.486	0.00	Moral (consistent)
32	0.458	0.00	Moral (consistent)
33	0.181	0.07	Non -moral
34	0.51	0.00	Moral (consistent)

Phrases Fall (30) words final scale

Description and correction of scale (final scale)

Scale consists of efficiency of perceived subjective from (30) paragraphs, including (8) for first field, which is emotional field, (7) for second field, which is social field and (6) for third field, which is (field of issuance and perseverance) and (4) phrases for field of knowledge and (5) Fifth Field, which is (academic field). paragraphs consisted of (9) positive paragraphs and (21) negative paragraphs and numbers of positive phrases are (3/4/8/14/14/16/18/27/29) or negative expressions, numbers.

1/2/5/6/7/9/11/12/15/19/19/20/21/22/23/24/25/26/28/30 which is opposite of scale direction between That is mor phrases number and answer to paragraphs is according to five alternatives (it applies completely, applies a lot, applies to a moderate degree, applies slightly, does not apply) (1/2/3/4/5) respectively for positive paragraphs And opposite for negative paragraphs.

Final application of Scale (Marwan Abdul Majeed: 2001 scale was applied to application sample (15) students to answer scale and distributed scale factor, thus laboratory degree on scale is sum of its grades on vertebrae of all of scale.

Skill tests used research

First test |: Measuring accuracy of serve skill.

Tools used: Legal Volleyball Stadium, target set tape, measuring tape, 10 balls

Performance specifications: laboratory performs serve (Marwan Abdul Majeed; 2001) directing ball towards regions (A, B, C, D) from standing and face position towards square.

Conditions of registration

- Points for each attempt within region
- Points for each attempt within region
- Two points for each attempt inside region
- One point for each attempt inside region

Zero when ball falls outside se areas When ball falls on a joint line between two regions, higher degree of region is calculated attempt is canceled in event of a laboratory, a legal error second test: Measuring accuracy of skill of preparation near network (center) towards center (4) purpose of test:

Measuring accuracy of skill of setup near network from (2) Center towards Center (4)

Tools used: Volleyball stadium divided as in Figure (10) tape to set goals, measuring tape, (10) balls

Performance specifications: laboratory has three attempts.

Registration conditions

- A. points for each attempt within region
- B. 3 points for each attempt within region
- C. Two points for each attempt inside region
- D. One point for each attempt inside region
- E. Zero when ball falls outside se areas

When ball falls on a joint line between two regions, higher degree of region is calculated attempt is canceled in event of a

laboratory, a legal error.

Main Experience

After researcher confirmed efficiency of assistant work team, devices and tools used, began to apply tests and measurements on research sample and with help of assistant team for period from 5/3 To-6/3 2023.

Statistical Means

Researcher used statistical bag SPSS version 21.

Presenting, analyzing and discussing results

Statistical Description of search variables

Table 3: Shows statistical description of research variables

Variables	Arithmetic Mean	Standard deviation	variance	Kurtosis
perceived self -efficiency	85.5333	3.39888	11.552	-.796
Serve skill	8.0000	1.13389	1.286	-.339
preparation skill	7.2000	1.08233	1.171	.328

Through Table (3) we find that calculation of perceived self-efficiency scale reached (85.533) and a standard deviation of (3.398), while value of variation was(11.552) and with a coefficient of Kurtosis (0.796)While al-arithmetic milieu reached(8.00) with a standard deviation of(1.133), while variation value was (1.286) and with a coefficient of Kurtosis 0.339.- arithmetic mean has reached skill of preparation, it

reached (7.2) with a standard deviation of 1.082, while value of variation was(1.171) and coefficient of Kurtosis 0.328-.

Display, analysis and discussion of results of between perceived self-efficiency skill and two skill of serv and preparation.

Table 4: Shows results of correlation between perceived self -efficiency scale and two skill of serv and preparation.

Variables	Correlation	Sig	Induction
Perceived self-efficiency Serve skill	0.53	0.04	Moral
Perceived self -efficiency preparation skill	0.58	0.03	Moral

Through Table (4), we find that value of link between scale of perceived self -efficiency and skill of serve has reached (0.53) and value of Sig (0.04), which indicates a significant relationship between perceived self-efficiency and transmission skill, as serve strikes is one of important skills that characterize With offensive nature, if it is carried out in a good way and accurately, and this strike is implemented by player who occupies (1) of back line after hoof of referee, and ball is inserted into play after being hit with one arm until it is crossed to opponent's (competitor) stadium, which is performance or behavior that begins It has playing in volleyball game and first team's opportunity to score a point, as transmission blow placed in its seized place (influential) can lead to a wrong (reception) by opposing team, and team's ability to take a point as a result. We also find that value of correlation between perceived competence and skill of preparation has reached (0.58) and value of Sig (0.03,) which also indicates a significant correlation between perceived efficiency and skill Self -awareness continues to grow and gain experiences, as individuals at this stage have reached stage of self -reliance represented in building many skills that help m make decisions that increase formation of positive trends. As self -efficacy perfect after a constant of personality dimensions is considered individual's confidence in his capabilities during new situations or situations with many demands and is not familiar or is individual beliefs in strength of personality with a focus on efficiency in changing behavior without sources or or reasons for optimism and this was confirmed" individual's belief in his capabilities and confidence in his ability and information and that he possesses from ingredients that enables him to achieve level

he is satisfied with or achieves balance, defining his efforts and energies against level." Likewise, researcher agrees with what she mentioned (Sally Ibrahim: 2012) ^[7], " individual's appreciation of his capabilities and capabilities seeing to help him solve problems he faces and overcoming obstacles he faces without relying on others."

Conclusions and Recommendations

Conclusions

1. Volleyball players in Faculty of Physical Education and Sports Science possess a good level of perceived self-efficiency.
2. Self-efficacy perceived by players of Faculty of Physical Education and Sports Sciences at Basrah - University, which is related to a moral relationship with ir ability to performnce skill.
3. Self-efficiency perceived by players of Faculty of Physical Education and Sports Sciences at Basrah University, which is related to a moral relationship with ir ability to performnce numbers skill.

Recommendations

1. 1-Emphasizing development of self-efficiency, perceived for players, Faculty of Physical Education and Sports Sciences, because of its great impact on psychological state and level of performance of players.
2. 2-Emphasizing development of basic skills performance of players of College of Physical Education and Sports Sciences in volleyball.

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Appendix 1: Self -efficiency scale perfected in its final form

No	Paragraph	Complete full	Complete more	Complete median	Do not apply
1	I face difficulty in getting rid of dark ideas				
2	I lose control of my nerves when I got angry				
3	I can overcome my feeling of anxiety				
4	I am characterized by being a quiet and bared person				
5	Loss of ability to participate with laughter and mood				
6	I find it difficult to sit calm for a long time				
7	I am having difficulty overcoming my criminality for some people				
8	I can relax when I want that				
9	I am having difficulty talking to ors				
10	I miss ability to make new friendships				
11	I face difficulty in dealing with ors				
12	I am not able to forgive ors when y offends me				
13	I can maintain intimate relationships with my relatives				
14	I can easily win love of ors				
15	I see that no one deserves advice				
16	I can implement plans I put to do a job				
17	I leave tasks and businesses before completing m				
18	I work diligently and if you fail to do				
20	I go easily when I face problems				
21	I miss ability to focus with a long -term work				
22	It was frustrated just for first time				
23	I feel bored when reading books and scientific articles				
24	I find arts such as drawing, music and ater a waste of time				
25	I have difficulty remembering things				
26	I find it difficult to understand what I read				
27	I find difficulty in urging my school duties				
28	I think I am a smart person				
29	I face difficulty in exploiting sources available for my studies service				
30	I slow down implementation of a study schedule I set for myself				