

## Effect of self efficacy on female in Track and Field Athletes

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### Abstract

*Self efficacy has been shown to influence athlete's performance on a variety of tasks. The construct of self efficacy refers to the cognitive judgments people make about their abilities to organized and execute the specific task or activity successfully. The purpose of the study was to find out the psychological factor on athletics performance in track and field athletes. The present study has been conducted to find out the difference among high and low performer athletes. The total number of athletes who are randomly recruited from the 68<sup>th</sup> All India Inter University Athletic Championship held at Annamalai University. The tool used for this Trait Sports Confidence Inventory (R.S. Vealey, 1986) was developed to assess how confident athletes generally feel when they compete in sport. Items on the inventory ask the participants to compare themselves to the "most confident athlete you know." The collected data was analyzed using t-Test to find out the significance of difference among the high and low performance female athletes on above mentioned psychological variable. The finding of the statistical analysis showed that significant difference in both track and field among high performance and low performance of University athletes when compared to different condition of participants. This study provides new dimension for further research in the area of athletes self efficacy. High performance athletes are greater sports self efficacy than low performance athletes and spend half as much time participating in physical activities as their counterparts.*

**Key words:** Female athletes, Self Efficacy.

### Introduction

Sport Psychology is a behavioral science in which the principles of psychology are specifically applied in a sporting environment. The major aim of the sport psychologist is to help sports participants reach their sporting potential. Sport psychology has a unique place in sport sciences, there are numerous factors that which responsible for the performance of track and field athletes as fundamental skill, technique, physiological, anthropometrical etc along with these factors; the performance of track and field athletes is also determined by certain psychological variables.

The construct of self-efficacy has a relatively brief history that began with Bandura's (1977) publication of "Self-Efficacy: Toward Unifying Theory of Behavioral Change". Self-efficacy refers to the cognitive judgments people make about their abilities to organize and execute the actions required to perform a specific task or activity successfully. In sport, there is a great deal of emphasis on enhancing one's performance.

Bandura identified four factors which enhance self-efficacy. These are **Previous Accomplishments:** consists of past experiences. Reinforcement of past attainments is the most powerful effects on self-efficacy as they are based on personal mastery experiences. **Vicarious Experiences:** Consist of what has been observed by others performing a similar activity or skill.

Use of a model or demonstration of the required behaviour reduces worry & develops confidence. **Verbal Persuasion:** Involves convincing the athlete he has the ability to perform the skill in question. Positive self-talk.

**Emotional Control:** Refers to the evaluation the performer makes of a physiological state. Those lacking in self-efficacy may see increased arousal as apprehension & nervousness instead of a positive physiological preparation.

**Methodology**

To achieve the purpose of the study, 100 female athletes were randomly selected as subjects from all India interuniversity athletic championship held at Annamalai University. The subject were divided into four groups namely high and low performer track and field, each group consisted of twenty five athletes. The high performers were those who had succeeded in getting first eight positions in each of track and field events. Low performers were those athletes who failed to qualify for the final rounds. To assess Sports self-efficacy among Inter-university Athletes. R.S. Vealey (1986) Trait Sport-Confidence Inventory was selected for this study. The collected data from high and low performance track and field athletes were statistically analyzed with t Test. The level of confidence was fixed at 0.05 levels of significance.

**Analysis of Data**

The finding of the statistical analysis revealed that the major finding in contrast to study was that high performance athletes scored higher on Trait Sports Confidence Inventory Scale than low performance athletes.

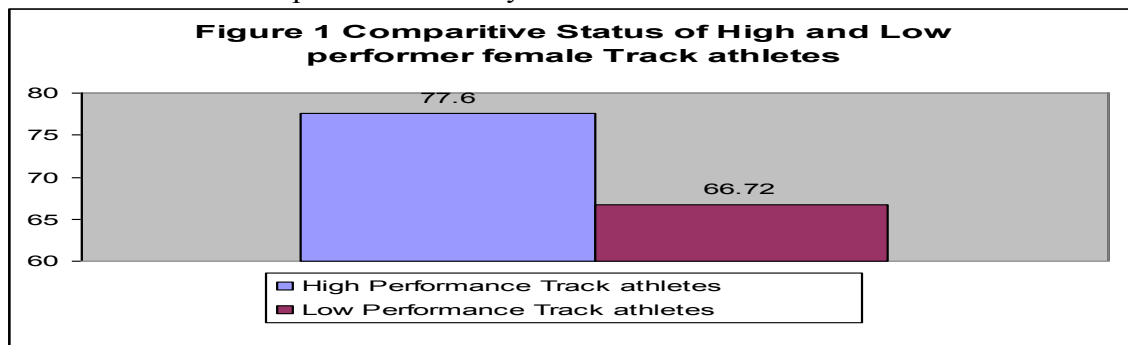
**Table-1**

**Indicating comparison between the mean, SD, and [t] values female Track athletes on level of Sports self efficacy.**

Groups	N	Mean	SD	't' -values	P
High Performance Track athletes	25	77.60	12.59		
				3.06	> 0.05
Low Performance Track athletes	25	66.72	12.54		

\*significant at 0.05 level

It has been depicted from the above Table No- 1 that significance difference were existed between high low female track athletes on sports self efficacy [t]<sub>cal</sub> = 3.06 is greater than [t]<sub>tab</sub> = 2.06 this Statistical Finding shows that there were differ significantly at 0.05 level of confidence in term of sports self efficacy.



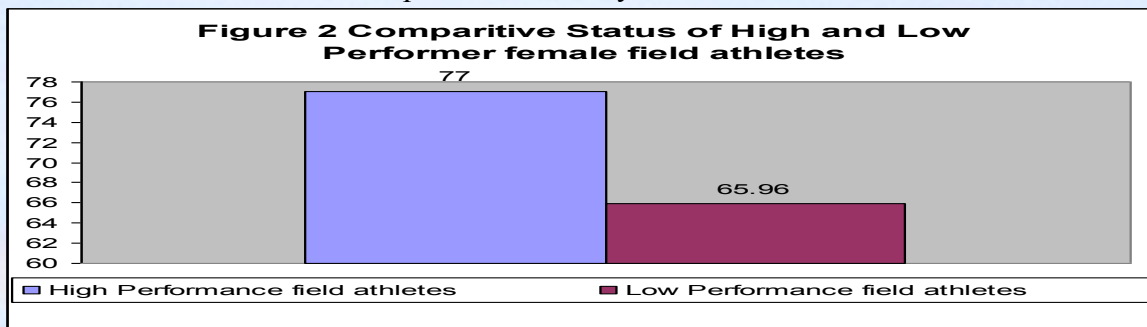
**Table -2**  
**Indicating comparison between the mean, SD, and [t] values female Field athletes on level of sports self efficacy.**

Groups	N	Mean	SD	't'-values	P
High Performance field athletes	25	77.00	11.84		
				3.00	> 0.05
Low Performance field athletes	25	65.96	14.05		

\*significant at 0.05 level

It has been observed from the above Table No- 2 that significance difference were existed between high and low performer female field athletes on sports self efficacy [t]<sub>cal</sub> = 3.00 is greater than [t]<sub>tab</sub> = 2.06 this Statistical Finding shows that there were differ significantly at 0.05 level of confidence in term of sports self efficacy.

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**Discussion**

This study is an attempt to highlight the differences between high and low performance female track and field athletes on sports self efficacy. The finding of our study are supported by Bandura (1977a) hypothesized that self-efficacy affects choice of activities, effort, persistence, and achievement. Compared with persons who doubt their capabilities, those with high self-efficacy for accomplishing a task participate more readily, work harder, persist longer when they encounter Difficulties, and achieve at a higher level. Feltz and Mugno (1983) found that self efficacy was a strong predictor of early performance but with experience diving performance became the major predictor of the next dive. McAuley (1991) obtained evidence that participation in exercise by middle- aged adults influences exercise self-efficacy, which in turn exerts positive effects on perceived personal control and affect.

**Conclusion:**

The study was Based on the results obtained from the present investigation following conclusions may be establish according to different athletes self efficacy.

- 1 High performer athletes have high in sports self efficacy when compared with the low performer track athletes.
- 2 High performer athletes have high in sports self efficacy when compared with the low performer field athletes.



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