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## A study of self-efficacy among softball players and non-soft ball players

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### Abstract

A complex process of Self appraisals and Self persuasion form the basis of judgments that individuals create with regards to whether they believe they have the capabilities to achieve. This is known as Self efficacy and it relies on cognitive processing from a wide range of sources of efficacy information. Self efficacy is a psychological mechanism that inhabits an individual's belief surrounding their capabilities to formulate control over situations that affect their lives. Self efficacy is a psychological mechanism that inhabits an individual's belief surrounding their capabilities to formulate control over situations that affect their lives. The purpose of the study was to compare Self efficacy among softball players with non-softball players. 50 players (male), comparing 25 softball players and 25 non-softball players, randomly selected for the study. The age of the players ranged between 17-25 years. The psychological variable selected for the study was Self efficacy. To collect the data for Self efficacy, general Self efficacy scale (GSES) developed by R. Schwarzer along with M. Jerusalem (1995) was used to compare the variable among softball players and non-softball players. The value of mean and standard deviation of the test was computed by applying 't' test at 0.05 level of significance. In the study, there was insignificant difference found on Self efficiency among softball players and non-softball players.

**Keywords:** Capabilities, mechanism, cognitive, appraisals, persuasion

### Introduction

At the core of Self efficacy lie two distinct aspects of Self efficacy that play their own part with regards to the behavior of an individual and the outcome. Outcome expectancies involve an individual's belief that a given behavior will lead to certain outcomes. Efficacy expectations are the key cognitive variable and determine how much effort an individual will put forth and how long they will persist when facing adversities. In sports psychology, expectations of personal efficacy are based on four main sources of information. Performance accomplishments are the most influential source of Self efficacy information, with strong efficacy expectations developed through continual successful performances. Greater Self efficacy derived from previous performance accomplishment determines sustained effort and persistence, which is key to overcoming occasional failures, ultimately improving performance. Understanding the outcomes of self-efficacy beliefs highlights why so much attention has been paid to self-efficacy beliefs and their sources. Sport psychologists have investigated psychological differences between successful and less successful athletes for years. For example, comparisons between athletes who made an Olympic team compared to those who were cut from the team showed that the more successful athletes had higher confidence. Confidence has often been used as a synonym for self-efficacy because it is more familiar to people like athletes, coaches, parents, and the media.

### Procedure and Methodology

A total of 50 male players comparing 25 softball players and 25 non-softball players were randomly selected for the study. Subjects were selected from different colleges of Hoshiarpur district in Punjab which are affiliated to Panjab University. The age of the students ranged between 18 to 25 years. The variable selected for the study was Self efficiency. The scores on Self efficiency were obtained by using general Self efficacy scale (GSES). The scale had been originally developed in Germany by Matthias Jerusalem and Ralf Schwarzer in 1981, first as

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20 item version and later was reduced to 10 items version R Schwarze and M. Jerusalem (1995) [1]. This Self evaluation questionnaire consisting of 10 statements related to situation. General Self-Efficacy Scale (GSE) About: This scale is a self-report measure of self-efficacy. Items: 10 Reliability: Internal reliability for GSE = Cronbach's alphas between .76 and .90 Validity: The General Self-Efficacy Scale is correlated to emotion, optimism, and work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety. Scoring: Not at all true Hardly true Moderately true Exactly true All questions 1 2 3 4 The total score is calculated by finding the sum of the all items. For the GSE, the total score ranges between 10 and 40, with a higher score indicating more self-efficacy. Prior to the collection of data, the subjects were clearly informed about the purpose and they were also motivated sufficiently. They were encouraged to give their purpose and realistic answers. Statistical analysis for the psychological variable was used to calculate mean, standard deviation and 't' test was applied at 0.05 level of significance.

### Results and Discussion of Findings

For comparing the two groups both softball players and non-softball players on Self efficacy. The mean, standard deviation and 't' test were computed. The findings are presented below in the table. The mean and standard deviation along with the significance of difference by way of 't' test has been presented on the trait of Self efficiency.

**Table 1:** Significance of differences between softball players and Non softball players on Self efficacy

Group	Mean	S.D	't' ratio
Softball players	9.44	3.10	0.65
Non softball players	9.71	2.72	

T value (n-2=48) 2.00 at 0.05 level

The above table indicates that the mean of softball players and Non softball players on Self efficacy was 9.44 and 9.71 respectively. The obtained 't' value was 0.65 which was found to be insignificant at 0.05 level of significance. On the basis of these data analysis, there was insignificant difference found between softball players and non-softball players in terms of Self efficacy.

### Conclusion

Insignificant difference was observed in self efficacy among softball players and non-softball players. The study also indicated that the non-softball players had higher mean in terms of Self efficacy than softball players. A large body of research provides evidence to show that Self efficacy determines effort, persistence and performance in a sport and exercise setting. However, at the within-participant level there is evidence to show no effects of Self efficacy on performance. Literature is not without its limitations and with Self efficacy being an unobservable variable, it is impossible to know whether what is being measured is Self efficacy or another psychological variable such as Motivation or goal striving. Future research should aim to measure a range of variables together with Self efficacy, at the between and within-participant level in order to provide a valid conclusion as to whether Self efficacy consistently determine effort, persistence and performance in sport and exercise.

Coaches and trainers should conduct the general Self efficacy scale (GSES) among his players and trainers to evaluate their mental strength and power to achieve higher performance in

respected play fields. This test also enhance the performance level of players at various situation comes in competition.

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