



SELF-EFFICACY AMONG SECOND AND THIRD DIVISION SOCCER PLAYERS

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ABSTRACT

Self-efficacy is an ability to attain a target by a player innate belief. It affects almost all the situations of a skill or in a session. This study explored to find out the self-efficacy among second and third division soccer players. 20 second and third division soccer players were chosen as participants. The General Self-Efficacy Scale by Schwarzer & Jerusalem (1995) was used for data collection. Imagery Training was used along with the regular Soccer training program for a period of eight weeks. Data was analyzed by using t-test. Result found that there is no significant difference in self-efficacy between second and third division soccer players.



KEY WORDS: *Self-Efficacy, Imagery Training, Soccer.*

INTRODUCTION

Soccer is a team game. Its foundations are technique handling the ball and game understanding of the individual players. A high degree of teamwork is expected for the players. All of these elements play an important role.

Training is not an end in itself. It is means of prepare the eleven to play for points so that the players go onto the field in the best possible condition, physically mentally and tactically. In training the teamwork of the players must be developed so that after a while certain movements and movement patterns can be executed practically automatically.

Self Efficacy is a person's belief about whether he or she can successfully engage in and execute a specific behavior (Bandura, 1997). Successful Performance in sport is based, in part, on psychological factors. A Strong sense of self efficacy allows people to feel free to select, influence and even construct the circumstances of their own lives. (Lefton & Valvatne1992) "Soccer players of course must have the relevant physical skills and capabilities to perform, but some players are less confident than others they can perform as skillfully, cope with performance pressure or sustain the hard work necessary to perfect their skills". Players with different levels of Self Efficacy for penalty kicks would judge how many successful goals they could kick consecutively. Vealey (1998) extended the sources of information beyond self efficacy theory to identify the most salient sources of confidence for players based on the unique socio-cultural aspects of sport competition. There are three dimensions along which self-efficacy can vary, including level, generality and strength. Level refers to the standard of performance athletes believe they can achieve or the degree of difficulty they perceive they can surmount.

Bandura defined Self-Efficacy as beliefs are constructed in to four major Sources: Mastery Experiences, Vicarious Experience, Verbal Experience and Physiological and Emotional States. These sources can enhance self efficacy into a vast period.

Method

All the 20 Soccer players were separated in to two groups namely, Second and Third Division Soccer players (10 each).

Participants

20 second and third division soccer players were chosen as participants of this study. Age of the participants was ranged from 21 to 29 years old.

Tool

The General Self-Efficacy Scale by Schwarzer & Jerusalem (1995) was used for assessing the self-efficacy level of the participants. The main objective of this test is to self-evaluate by using questionnaire which consist of 10 questions. This scale is a self-report measure of self-efficacy. The scoring patterns ranged between 10 to 40. The high score indicating more self-efficacy and least indicates low self-efficacy. The reliability of this scale (Cronbach’s alpha) ranged from 0.76 to 0.90 and the average will be 0.80.

Data Analysis

Table 1: Self-Efficacy of Second and Third Division Players

Groups	Mean	SD	t-value	Result
Second Division	21.16	3.32	1.02	Not Significant
Third Division	22.08	3.11		

Table-1 indicates that there is no significant difference between second and third division Soccer players on the self-efficacy as the obtained t-value is less than the table value of 1.96 at 0.05 level.

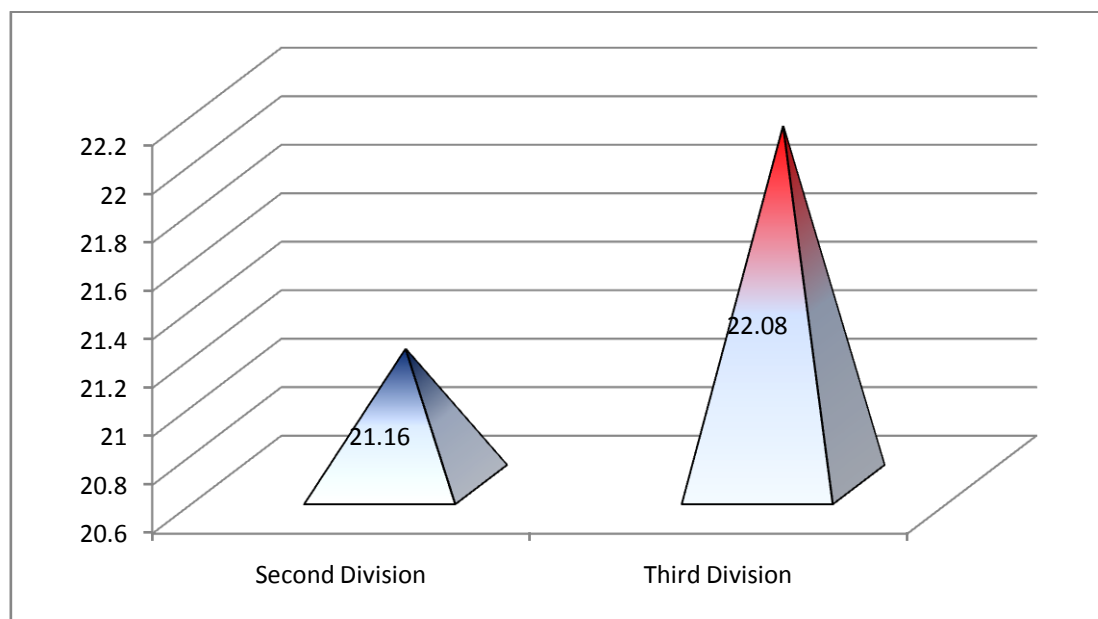


Fig 1: Self-Efficacy of Second and Third Division Players

DISCUSSION

This study was taken so as to decide the level of The General Self-Efficacy between the Second and Third Division Soccer players. Based on the results presented in the Table-1, it clearly shows that the Second and Third Division players were not significant. This study in line with Shelangoski, Hambrick, Gross, and

Weber (2014) examined the self-efficacy as it relates to the situation and innate abilities of collegiate athletes. They found higher levels of self-efficacy produced higher levels of performance in athletes. "Self-efficacy is conceived as positive predictor of motor skill acquisition, execution, and competition sport performance (Bandura, 1997).

CONCLUSION

Based on the results attained from the present study, it is concluded that the Second and Third Division Players did not differ significantly on The General Self Efficacy. The Results also derived that the level of Self Efficacy of Second and Third Division Players mainly depend upon the reasonable range which shows that the players have to be more influence in training part rather that the Competition period.

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