

SELF-EFFICACY AMONG MALE AND FEMALE SOCCER PLAYERS

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How to cite this article: Ahsan, M. (2014). Self-efficacy among male and female soccer players. *Journal of Physical Education Research*, 1, December, 08-12.

Received: October 10, 2014

Accepted: November 3, 2014

ABSTRACT

This study seeks to compare the self-efficacy of male and female soccer players. For the purpose of the study 100 soccer players (Male = 50 and Female = 50) were taken as the subjects. Age of the selected subjects was ranged from 17 to 27 years. General Self-Efficacy Scale (GSES) developed by Schwarzer and Jerusalem (1995) was used for assessing the level of self-efficacy of the subjects of two groups. The t test was employed to analyze the data. Results of the study revealed no significant difference existed between male and female soccer players in their self-efficacy. On the basis of the results obtained from the present empirical investigation it may be concluded that male and female soccer players did not differ significantly on their level of self-efficacy.

Keywords: Self-efficacy, male, female, soccer.

1. INTRODUCTION

Self-efficacy is the measure of one's own competence to complete tasks and reach goals (Ormrod, 2006). Self-efficacy affects every area of human endeavour by determining the beliefs a person holds regarding his or her power to affect situations, thus strongly influencing both the power a person actually has to face challenges competently and the choices a person is most likely to make. These effects are particularly apparent and compelling with regard to behaviors affecting health (Luszczynska & Schwarzer, 2005).

Psychologists have studied self-efficacy from several perspectives, noting various paths to the development of self-efficacy; the dynamics of self-efficacy and lack thereof in different settings; interactions between self-efficacy and self-

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2. METHODS AND MATERIALS

2.1 Subjects

For the purpose of this study one hundred (100) soccer players (male = 50, female = 50), were considered as subjects. The age of the selected subjects were ranged from 17 to 27 years. On the day of data collection all subjects were fit and fine.

2.2 Tool

The self-efficacy of the subjects was gauged by a General Self Efficacy Scale (GSES) developed by Schwarzer and Jerusalem (1995). The test is self-evaluation questionnaire consisting of 10 statements related to various situations. Sum up the responses to all 10 items to yield the final composite score with a range from 10 to 40. Cronbach's alphas ranged from 0.76 to 0.90, with the majority in the high 0.80. It has been used in many studies on huge number of participants in contrast to other scales those were designed to assess optimism.

2.3 Procedure

The questionnaire was administered on the subjects during soccer competitions. Prior to data acquisition, investigator contacted team managers and coaches to seek permission to collect the data of the subjects on the psychological variable. After acquiring consent questionnaires were administered on the subjects.

2.4 Statistical Analysis

The data thus collected were statistically analyzed by using Statistical Package for the Social Science (SPSS) version 16.0 software. Mean, S.D. and t value were computed to explore significant difference between two groups on their self-efficacy. The level of significance was set at 0.05.

3. RESULTS

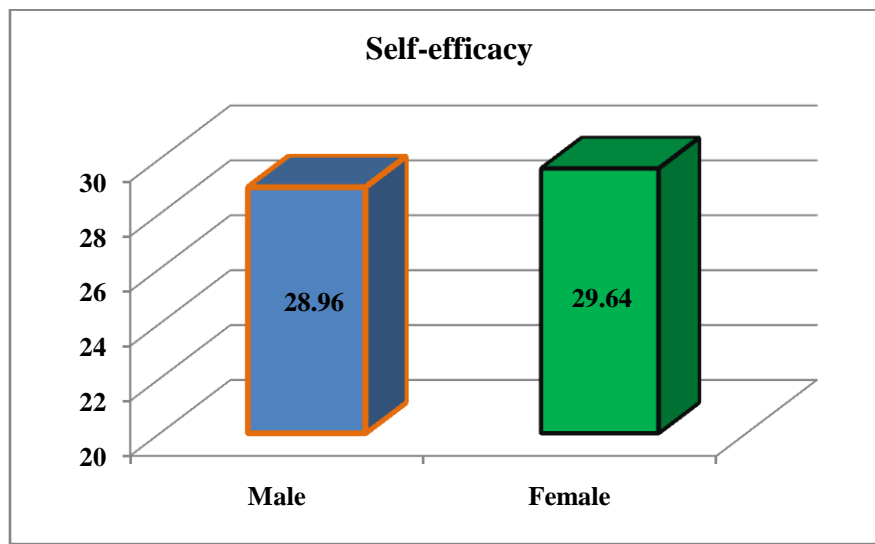
Table1: Differences between male and female soccer players on self-efficacy

Experimental Groups	Mean	Standard Deviation	<i>t</i>
Male	28.96	4.84	1.08
Female	29.64	4.43	

Tabulated $t_{0.05} (98) = 1.98$

The reading of the above cited Table 1 showed that significant difference was not found between male and female soccer players on self-efficacy as the obtained value of t has been found 1.08 which is considerably less than the tabled value of t (1.98) at 0.05 level of confidence with 102 degree of freedom.

Figure 1: Difference of self-efficacy between male and female soccer players



4. DISCUSSION

As per the scoring norms, the obtained mean scores (male = 28.96 and female = 29.64) have clearly suggested that both the groups of soccer players have moderate level of self-efficacy. It was observed that an insignificant difference existed between male and female soccer players on their level of self-efficacy. Finding confirms that in view of the nature of competitiveness required for sports including soccer, high level of emotional arousal together with physical activation are the obligatory demands on athletes to compete with excellence.

The results of the study corroborate the findings of Weigand and Stockham (2000) who assessed perceptions of position-specific and cross-skill self-efficacy in a team sport and to assess the effect of competition level on skill-specific self-efficacy. The results revealed no significant difference between athletes on the measure of cross-skill self-efficacy. In a similar study, Bagherpour and Shojaei (2009) compared the effect of modeling and imagery type on self-efficacy of simple serve of the spikers in volleyball and observed no significant difference on self-efficacy among modeling internal and external imagery groups in pre and post test scores.

5. CONCLUSIONS

On the basis of the results obtained from the present empirical investigation it might be concluded that male and female soccer players did not differ significantly on their level of self-efficacy. The findings also suggest that the level of self-efficacy of both male and female soccer players as per the demand of the sports falls considerably in the moderate range which seemed to be necessary for achieving excellence during the competition.

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