



A Comparative Study Of Male And Female Athletes In Punjab: Effects Of Self-Efficacy And Achievement Motivation On Athlete's Performance

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ABSTRACT: Purpose of this particular study was aimed to find out the effect of self-efficacy and achievement motivation on athletes' performance. For attainment of desired results and findings researchers selected 200 athletes of both genders from province of Punjab, Pakistan. Male and female athletes were equal in number and they were randomly selected for study. Age of participants varied between 18 to 25 years. Injured athletes and coaches were excluded from the study. In this study two scale were used to collect data, first is "the general self-efficacy scale (Jerusalem and Schwarzer, 1992) and the second scale "task and ego orientation in sport (Duda and Nicholls 1989, Fonseca and Brito 2005). Cronach alpha reliability value of the scale was found to be 76 to 90. Collected data was analyzed using the statistics packages for social sciences 17; mean, standard deviation and p values were

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calculated. Individual Item Analysis was done for individual item analysis and t-test was applied to compare males and females regarding effect of self-efficacy and task achievement motivation on athlete's performance. Researchers concluded that null hypothesis was rejected and researcher's objectives were supported by the results of the study. There is significant difference in self-efficacy and achievement motivation among athletes according gender.

INTRODUCTION: The self-efficacy theory presented in 1977 and explains the ideas of individual, thoughts, their living style, and learning from social events of routine life and the effects of social activities (Bandura, 1994). Self-efficacy urges the athletes trust own strength to achieve their goals and make change in their attitude, cognitive process, motivation, affective and selection procedure vital steps deals in self-efficacy theory (Bandura, 1994). Bandura 1993, 1994 explains that self-efficacy theory, how learners inspire, set aims, give full concentration and struggle hard for achieving their goals. It refers to faith of learners, how they achieve their goals and fulfill desires based on their own ability because they think they can do it. In this way, they get lot information from multi sources. (Bandura & Locke, 2003). Through positive self-efficacy athletes have the ability to face problems and protect themselves from hurdles. The increase their self-strength and positive attitude is effective to decrease the anxiety. Environment plays a very important role in motivation of the athletes because environment is a source of teaching, learning, developing the skill of communication and gives solution of the problems and motivates them to solve the problems. "Environmental education is play leading role in enhancing public environmental awareness and help full for global development of society and reducing poverty" (United Nations Educational Scientific and Cultural Organization). Strong self-proficiency of decision making is most effectively teaching them in today violent society (Bandura, Barbara Nelli, Caprara, & Pastorelli 2001). Athletes have less self-efficacy cannot perform well in their sports activity resulting in bad outcomes in sports achievements. Females have less chances to take part in Sports activities and ultimately have less self-efficacy resulting in average or less than that outcome in sports activities in comparison to male (Zimmerman, 1990).

OBJECTIVES OF THE STUDY:

1. To know the perception about effects of perceived self-efficacy and achievement motivation on athlete's performance.
2. To find out the effects of self-efficacy and task achievement motivation of male and female athletes of Punjab.

HYPOTHESIS:

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1. There is high level of self-efficacy and achievement motivation among athletes.
2. There is significant difference in self-efficacy and achievement motivation among athletes according gender.

METHODOLOGY:

For attainment of desired results and findings researchers selected 200 athletes of both genders from province of Punjab, Pakistan. Male and female athletes were equal in number and they were randomly selected for study. Age of participants varied between 18 to 25 years. Injured athletes and coaches were excluded from the study. In this study two scale were used to collect data, first is “the general self-efficacy scale (GSES)” developed by Jerusalem and Schwarzer (1992) and the second scale “task and ego orientation in sport (TEOSQ)”, was developed by Duda and Nicholls (1989), Fonseca and Brito (2005). Cronach alpha reliability value of the scale was found to be 76 to 90. Collected data was analyzed using the statistics packages for social sciences (SPSS 17); mean, standard deviation and p values were calculated. Individual Item Analysis was done for individual item analysis and t-test was applied to compare males and females regarding effect of self-efficacy and task achievement motivation on athlete’s performance. Results obtained after analysis have been presented with help of tables. Level of probability was adjusted at .05 for statistical significance.

RESULTS:

The general self-efficacy scale is one specific dimension with comprised of ten items, Items in the scale are in the form of four option Likert type scale “1=not all true, 2=hardly true, 3=moderately true, 4= exactly true”. Individual Item Analysis of respondent’s perception about,

“I can always manage to solve difficult problems if I try hard enough”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
65	20	10	5	4.362	2.35 1	70	12	8	10	4.362	2.35 1	

“If someone opposes me, I can find the means and ways to get what I want”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M	ET	Mean	±S.D	0.000

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60	20	10	10	4.261	2.33 1	70	17	10	3	5.022	2.35 1	

“It is easy for me to stick to my aims and accomplish my goals”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
80	10	5	5	5.362	1.35 2	70	14	6	10	4.562	2.25 1	

“I am confident that I could deal efficiently with unexpected events”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
50	25	15	10	4.102	3.35 1	70	16	4	10	4.342	2.35 1	

“Thanks to my resourcefulness, I know how to handle unforeseen situations”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
73	10	10	7	4.832	2.75 1	68	22	8	2	4.157	2.75 2	

“I can solve most problems if I invest the necessary effort”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
65	20	10	5	4.267	2.16 3	70	20	6	4	4.261	2.34 9	

“I can remain calm when facing difficulties because I can rely on my coping abilities”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000

85	10	0	5	5.362	1.35 1	76	10	4	10	4.368	2.15 1	
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“When I am confronted with a problem, I can usually find several solutions”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
53	27	10	10	3.362	3.35 2	75	10	5	10	4.262	1.25 2	

“If I am in trouble, I can usually think of a solution”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
63	27	10	0	3.362	3.35 2	55	30	5	10	4.262	1.25 2	

“I can usually handle whatever comes my way”.

Male Observed Numbers						Female Observed Numbers						P
NT	HT	MT	ET	Mean	±S.D	NT	HT	M T	ET	Mean	±S.D	0.000
69	21	9	1	3.362	3.352	61	19	10	10	4.262	1.25 2	

“Task and ego orientation in sports” scale is two specific dimensions with comprised of 13 items, measures individual difference in task and ego goal perspectives in the sport context. Athlete’s thinks about successful sports experience and responds 13 items reflecting task(7 task orientation) and ego (6 ego orientation) referenced criteria. Individual items Analysis of respondent’s perception about, “I really work hard” and “I’m the best” are indicated on 5-point Likert scale “1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree”. In this table shows the results of achievements related to task and ego in sports.

Scale	Dimension	Participants	N	Mean	Std. deviation	Sig.
Achievement’s	Task orientation	Male	100	4.342	0.648	0.001
		Female	100	3.180	0.417	

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motivation	Ego orientation	Male	100	4.421	0.573	0.000
		Female	100	3.356	0.523	

Through this scale was highlight the effect of self-efficacy and motivation achievements regarding athletes coping and adaptation abilities on daily activities and stressful sports events. Overall results showed that majority of the athletes have opinion that Self-efficacy gives positive results on athlete sports achievements. Self-efficacy and goal achievements provide motivation of athletes and build an awareness of how their perception and beliefs about ability contribute to their sports success.

DISCUSSION:

Self-efficacy and motivation which is the strength of an athlete belief that he/she can successfully perform a given activity without confidence in one’s ability, an athlete cannot perform to his or her potential. Self-efficacy is a mental instrument that shows athletes believe on self and encompassing their capacities to figure control over circumstances that influence their life. The main reason of this research was to compare the effects of self-efficacy and goal motivation for males and females regarding success in sports activity of Punjab, Pakistan. A questionnaire was used as the instrument for data collection from the respondents. Data was analyzed through SPSS 20, to evaluate the effect of perceived self-efficacy and achievement motivation on athlete’s performance. As results of this study, it was concluded that the athletes had high levels of self-efficacy. And they were able to meet the challenges and sports competitions, and whatever the type of competition. “High self-efficacy will likely choose to attend training regularly, expend high levels of effort, and persist longer than those with low self-efficacy. These self-efficacious individuals will set higher goals and have more helpful thoughts and emotions” (Tod, 2014). Achievement motivation is broader and focuses on athletes’ pre dispositions towards striving for success and how specific situations influence their desires, emotions and behaviors (Tod, 2014). Both sport and exercise psychologists have focused on achievement goals as a way of understanding differences in achievement they found high levels of self-efficacy produced high levels of performance in athletes (Duda& Hall, 2001; Nicholls, 1989).Providing support for the findings, Koryagina, Kazak Cetinkalp (2013), Carpenter & Yates (1997) examined the relationship between self-efficacy and task orientation. For example, Carpenter and Yates (1997) found the male athletes’ task orientation is higher rather than female athletes. This is parallel with the findings of present study. Athletes have focused to improve their physical, technical, tactical and psychological characteristics, “task goal orientation focuses on comparing performance with personal standards and personal

improvement” (Weinberg& Gould, 2015). The results demonstrated that there was positive relationship between self-efficacy and task achievements and provide support for athlete’s performance, Besharat and Pourbohloul (2011). The results demonstrated that there was positive and significant difference between self-efficacy and task orientation among male and female athletes.

CONCLUSION:

In conclusion, the findings indicated there was high self-efficacy among athletes. Null hypothesis was rejected and researcher’s objectives were supported by the results of the study. Future qualitative research which covers the test having multi-variables on self-efficacy and others psychological characteristics could be performed. It is needed to raise the basic value of perceived self-efficacy of student athletes enabling them to perform well in their sports.

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