International Journal of Physical Education, Fitness and Sports

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

A STUDY ON SELF-EFFICACY OF BOXERS, WEIGHTLIFTERS AND WRESTLERS

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DOI: 10.26524/14310

ABRTRACT: The present study was undertaken to assess and compare the self-efficacy of boxers, weightlifters and wrestlers. For this present study, total two hundred forty sportsmen of different colleges of Himachal Pradesh University were randomly drawn to act as subjects. Out of these, eighty male boxers, eighty male weightlifters and eighty male wrestlers were selected to act as subjects. Only those sportsmen were selected, who participated in inter college competitions. The Hindi version of general self-efficacy developed by S. Sud, Schwarzer and Jerusalem (1998) was used to collect data regarding self-efficacy. Mean and standard deviation, analysis of variance (ANOVA) and Tukey Post Hoc Test were used as statistical techniques. It is found that there was significant difference regarding self-efficacy between boxers, weightlifters and wrestlers. Boxers possessed higher level of self-efficacy than weightlifters.

Key words: Self-Efficacy, Boxers, Weightlifters, Wrestlers**.**

INTRODUCTION

Successful performances in sports and physical activities are the goals of many athletes. It is assumed that physical abilities of an individual are related to his psychological structure because the environment in which the physical abilities are displayed constitute an ideal setting for the development of psychological characteristics. Self-efficacy beliefs have also received increasing attention in research. Feltz (1988) stated that self-efficacy is one of the most effective psychological elements which are supposed to have significant impact on getting result in sports competitions [1].

Bandura (1986) defined it as one's capability to mobilize their motivation, cognitive resources, courses of action to be initiated, the amount of efforts expected in pursuit of that activity and the level of persistence in the face of obstacles [2]. Individuals possess a self system that enables them to exercise a measure of control over their thoughts, feelings, motivation, and actions. According to Kanfer (1990), it is complex cognitive judgment about one's future capabilities that is requisite for goal attainments [3].

Self-efficacy is dynamic by nature and is changing all the time especially because one is undergoing new experiences as well as acquiring information and the dynamism of this construct becomes more profound with trainings [4]. At colleges and universities attention needs to be paid to the overall educational experience of student-players at institutions of higher learning. As student, player devote time in classrooms and attention to athletic, their development in other areas, such as artistic, political, and religious, suffers [5].

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

Those who have high levels of self-efficacy are more confident that they will be able to accomplish goals in certain areas than those with low self-efficacy. Student players face many challenges both in the sphere of academics and athletics. [6].

MATERIALS AND METHODS

For the present study, total two hundred forty (240) sportsmen of different colleges of Himachal Pradesh University were randomly drawn to act as subjects for the study. Out of these, eighty male boxers, eighty male weightlifters and eighty male wrestlers were selected to act as subjects. Only those sportsmen were selected, who participated in inter college competitions.

TOOL USED: The Hindi version of general self efficacy developed by Sud, Schwarzer & Jerusalem (1998) was used to collect data regarding self efficacy. The generalized self-efficacy scale is Hindi is a ten items scale [7]. This scale mainly asses the strength of an individual's belief in his/her own ability to response to novel and difficult situations and to deal with associated obstacles as setbacks.

STATISTICAL PROCEDURE: In the present study the investigator used mean and standard deviation as statistical techniques to draw mean of total scores of each variable of subjects. Analysis of variance (ANOVA) was used to find out significance differences among subjects. Tukey's Post-hoc test was used for multiple comparisons between subjects.

RESULTS AND DISCUSSION

The mean levels of scores and standard deviations regarding self-efficacy have been presented in table 1. Analysis of variance (ANOVA) among boxers, weightlifters and wrestlers with respect to self-efficacy has been shown in table 2. The multiple comparisons (Post Hoc Tests) among boxers, weightlifters and wrestlers have also been depicted in table 3.

Table 1
Means and Standard Deviations of Self-Efficacy of Boxers, Weightlifters and Wrestlers

Boxers (N=80)		Weightlifters (N=80)		Wrestlers (N=80)	
Mean	SD	Mean	SD	Mean	SD
31.90	3.59	28.94	5.87	29.99	6.16

Table 2
One way analysis of variance (ANOVA) among Boxers, Weightlifters and Wrestlers regarding Self-Efficacy

Source of Variance	Sum of Square	df	Mean Square	F
Between Groups	361.0	2	180.5	6.35*
Within Groups	6733.0	237	28.41	
Total	7694.0	239		

*Significant at the 0.05 level.

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

Table 3
Multiple Comparisons (Post Hoc Test) among Boxers, Weightlifters and Wrestlers regarding Self-Efficacy

Game (I)	Game (J)	Mean Difference (I-J)	Sig.
Boxers	Weightlifters	2.962*	.002
	Wrestlers	1.912	.062
Weightlifters	Boxers	-2.962*	.002
	Wrestlers	1.050	.427
Wrestlers	Boxers	-1.912	.062
	Wrestlers	-1.050	.427

*The mean difference is significant at the 0.05 level.

The results from tables 1 shows that the boxers have 31.90 (SD=3.59) mean level of scores, weightlifters have 28.94 (SD=5.87) mean level and wrestlers have 29.99 (SD=6.16) mean level of scores regarding self-efficacy. It is quite evident from table 2 that mean square regarding self-efficacy between groups is 180.5 and within groups is 28.41 and F-value came out to be 6.35 ($p<0.05$) which is significant at 0.05, level of confidence. It reveals that there is significant difference regarding self-efficacy level between boxers, weightlifters and wrestlers. The boxers, weightlifters and wrestlers differ on perception of self-efficacy.

The perusal of table 3 reveals that the mean difference regarding self-efficacy between boxers and weightlifters is 2.962 and found significant at 0.05, level of confidence. It shows that there is significant difference regarding self-efficacy between boxers and weightlifters. The mean score for boxes regarding self-efficacy is higher that weightlifters. It is analyzed that boxers have higher level of self-efficacy in comparison to weightlifters. It is also evident from table 3 that the mean difference between boxers and wrestlers regarding self-efficacy is 1.912 and mean difference found insignificant at 0.05, level of confidence. It also shows that there is insignificant difference regarding self-efficacy level between boxers and wrestlers. The table 3 also reveals that the mean difference regarding self-efficacy level is 1.050 between weightlifters and wrestlers and found insignificant at 0.05, level of confidence. It shows that there is no significant difference regarding self-efficacy level between weightlifters and wrestlers. It is analyzed that there is no significance difference regarding self-efficacy between boxers and wrestlers and there is also no significant difference regarding self-efficacy between weightlifters and wrestlers. The significant difference regarding self-efficacy was found between boxers and weightlifters. Boxers have higher level of self-efficacy in comparison to weightlifters.

ISSN: 2277: 5447 | Vol.3.No.3 | September'2014

CONCLUSION

It is concluded that there was a significant difference regarding self-efficacy between boxers and weightlifters. It is further concluded that the boxers possessed higher level of self-efficacy than weightlifters. The weightlifters and wrestlers did not differ on self-efficacy. The boxers and wrestlers possessed more or less same level of self-efficacy. The boxers and wrestlers did not differ in self-efficacy level. The weightlifters possessed low level of self-efficacy than boxers.

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