

## Study Of Self-Efficacy Feeling As Performance Estimators

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### **Abstract:**

**Introduction:** Present research investigates self-efficiency feeling behavior as performance estimators.

**Method:** The research employs descriptive-correlation method. The statistical population includes all the 130 male karate athletes who participated in the qualification matches for the adult national karate team of Iran. In this research, the sample is considered to be equal to the population comprising 130 athletes from which 120 questionnaires were received. Finally, to test the research's hypotheses, Pearson Correlation and Univariate Regression Analysis were employed.

**Results:** Results indicated the correlation between self-Efficacy feeling and performance ( $r = 0.953$ ).

**Conclusion:** The results indicated the variables self-Efficacy was able to affect performance level in the participants and this effect was predictable.

**Keywords:** Self efficacy, Performance.

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### **Introduction**

In the last several decades, sports psychology has turned into a crucial element in sports coaching, particularly when coaches, as conscious and experienced people, are beside the athletes before start of matches for the purpose of training and exercise and try to measure the level of self-confidence and self-Efficacy and their relationship with athletes' success and failure. The issue of self-Efficacy feeling is among the most critical factors in desirable growth of sports proficiencies performance and affects athletes' learning and performance. In a research on the effect of risk-taking and self-Efficacy on athletes. self-Efficacy a conceptional process in people which produces a subjective judgment on their ability corresponding to environmental demands. A personal self-Efficacy trait is that it has to enter the competition field with excitement and self-confidence, and as a result, when athletes do not believe in themselves, they won't be able to prepare themselves for correct skill performance, or they do not make enough efforts. Self-Efficacy feeling is defined as individual's belief in oneself, his successful performance in the tasks assigned to him and in his behavior. This feeling helps correct identification and choice of tasks in athletes (Bandura, 1986, 1997). The high degree of self-Efficacy in people leads to their success in tasks accomplishment (Pajares, 1996). In a research on footballers. Results of other researches have

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indicated that the higher the self-Efficacy is, the better the performance will be, and vice versa (Feltz, Landers, & Reader, 1979; Berg, 1981; Gomez, Hill and Ackerman, 2007 and Balagour, Bray and Duda , 2004).

Researches' results indicated that there was a positive relationship between risk-taking and performance in athletes of risky discipline, and the more the risk taking is, the better the performance will be (Liewellyn, Sanchez & Asghar, 2008; Slinger & Rudestam, 1997). In their study on Golf players, Beaucamp, Bray & Albinson (2004) concluded that self-Efficacy is useful predictor for performance. Ebadian, Tedjari & Farsi (2008) in their research on the effects of self-Efficacy on the way of athletes' performance concluded that self-Efficacy is positively associated to performance degrees and is a significant predictor of athletes' different performances.

Considering the review of the prior research and advantages of application of the variables self-Efficacy at various championship levels, present research examines the hypothesis suggesting predictability of athletes' locomotive performance results via the variable self-Efficacy feeling.

### **Materials and Methods**

statistical population of the present research includes all the 130 male karate athletes (17 years old and above) who took part in the qualification matches for the national adult karate team. In this research, the sample is considered identical to the population from which 120 completed questionnaires are received.

to investigate degree of self-Efficacy in the athletes, PSE questionnaire (Bandura, 1997) will be used. This questionnaire includes 10 basic karate techniques based on which the examinees in each skill obtain a score between 0-10 according to degree of their ability and self-confidence (self-Efficacy feeling). Eventually, the self-Efficacy score of each individual is obtained by dividing the total score by the techniques. In this questionnaire, it was also asked about the athletes' exercise precedent.

to measure the performance, the athletes were asked to note their name and surname in order the outcome from the performance (rank) in the matches to be used to measure their performances.

Having the questionnaires' validity and reliability composed and determined by the physical education professors and coaches, the necessary cooperation was made with the Karate Federation for execution of the work in the qualification matches of national male karate team in the adult age group in 2011. Based on the made coordination, the questionnaires were completed by the participating athletes. Before giving the questionnaire to the athletes, some specific explanations have been given with regard to the two questionnaires: the examinees are asked before completing the questionnaire to pay careful attention to the respective explanations and instructions offered by the researcher and to answer all the questions and to mention their full name, since the outcome of the matches' performance (rank) is investigated in this research. With regard to confidentiality of the questionnaires the respondents were assured by the researcher promising them the obtained results from them will not be provided to coaches and other participants and the results of this research will be provided to scientific center without mentioning the participants' name.

In this research, first, using descriptive statistics, the descriptive findings regarding the participants' age and their exercise records were analyzed. Next, to test the research's hypotheses, Pearson Correlation Coefficient, and Univariate Regression analysis were used.

### **Results**

The findings indicated that the individuals at the age of 17 to 20 years with 65.83% formed the greatest percentage and individuals at the age 25 to 28 years with 5.83% the smallest percentage of the sample group. The findings also indicated that 50.83% of the athletes had an exercise record of 3 to 4 years. The findings showed

that the score pertaining to the athletes' self-Efficacy level was  $6.08 \pm 0.93$  and the score regarding the athletes' sports performance was  $4.98 \pm 0.95$ .

Results of table 1 indicated that the correlation between self-Efficacy feeling and performance was 0.953 ( $r = 0.953$ ), hence the null hypothesis was rejected. In addition, direction of the relationship between self-Efficacy and performance was positive and direct (Table,1).

**Table 1. Findings of Correlation Test**

Variables	Number of sample (n)	Correlation coefficient (r)	Significance level (p)
Self-efficacy / performance	120	0.953	0.001

The results indicated the variables self- Efficacy was able to affect performance level in the participants and this effect was predictable, in the sense that for each unit increase in the participants' self- Efficacy, their performance increases for 2.54 and this predictability is significant at  $\alpha = 0.05$ . as a result, it can be stated that self- Efficacy feeling is significant predictors for performance in the participants (Table, 2).

**Table 2. Regression Line Equation**

Model	Unstandardized coefficients		Standardized coefficients	t	Sig.
	B	Std. Error	$\beta$		
(c)	2.54	1.156		2.199	0.001
Self- Efficacy	0.835	0.033	0.936	25.40	0.001

### Discussion

The findings suggesting a significant relationship between self-Efficacy feeling and performance. Pajares (1996) reached the conclusion that high self-Efficacy feeling in people leads to their success in accomplishment of the assigned works. Bourgase (2010) in a research on footballers found that there was a significant relationship between self-Efficacy feeling, motivation and performance of the athletes. Results of this research regarding the claim suggesting that the higher the self-Efficacy is, the better the performance will be and vice versa are consistent with those found by Feltz, Landers & Reader (1979), Berg (1981), Gomez, Hill & Ackerman (2007), Sharififar & Tedjari (2007), Robinson (2000), Hilson & Cle (2006), Jao, Siebert & Hills (2012), Selentano (2012), Bradly & Wildman (2002), Afkhami (2011) and Tojari, Sharifnegad & Nemati (2007).

In the findings suggesting self-efficiency as a significant estimator of performance in the participants it was found that correlation between self- Efficacy and the participants' performance ( $r$ ) to be equal to 0.953, at  $\alpha = 0.05$ , thus the null hypothesis is rejected. In addition, direction of the relationship between self-Efficacy and performance was found positive and direct. The results also indicated that the variable self- Efficacy was able to predict the effect on the participants' performance, and this effect was predictable, in the sense that for each unit increase in the participants' self- Efficacy, their performance increased for 2.54 and this prediction value was statistically significant at  $\alpha = 0.05$ . To conclude, it can be said that self-Efficacy feeling is significant predictors of performance in the participants. In their study on golf players, Beaucamp, Bray & Albinson (2004) concluded

that self-Efficacy is a good predictor of performance. It should be noted that the present research has been carried out on the athletes selected from various province for the qualification matches of national adult karate team. For this reason, results of this research can be generalized to elite Iranian karate athletes, but its extension to the whole population of karate athletes requires further studies. Results of this research indicated that the variable self-Efficacy is able to affect risk taking in the participants and this effect was predictable. The first ranking participants had the highest performance and next came the second and third ranking ones, and the athletes with lower ranks showed the highest risk taking. In addition, it can be concluded that the variables self-Efficacy and risk taking were able to affect performance level in the participants and this effect was predictable. Given the research's results and the execution thereof, the coaches are recommended to try to promote self-Efficacy in athletes, because with its increase, athletes' performance is improved and they will show a better performance. Further, coaches, sports managers and officials through training can reduce risk taking in athletes, since high risk taking leads to low performance in athletes. It is also suggested further researches to be varied out in other combat sports and risky sports disciplines.

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