

## **Effect of Self-Efficacy on the Performance of Athletes**

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### **Abstract**

Athlete is an excellent portrayal of the complex interaction between the mind and the body that interest sports psychologists from time to time. Research in the field of psychological traits like self efficacy in athletes are of vital significance to get the information needed by the Sports trainer and coaches who are loaded with the responsibility for selection, counseling and also training of athletes for the competition. Thus the purpose of the study was to investigate the effect of the psychological trait self-efficacy on the sports performance of the male and female athletes in the age group of 13 to 19 yrs from the schools of Punjab and Chandigarh. The subjects comprised of 200 athletes from the disciplines of Cricket, Kho-Kho, Volleyball, Softball and Athletics. Out of them 100 belonged to Inter-School level and 100 to School National level. The data was collected using Self-efficacy Questionnaire developed by *Bandura (1977)*. The results were drawn using 2x2 ANOVA which showed that School National Level athletes were significantly better on perceived physical ability and self-efficacy than the School District Level athletes.

**Key Words: Self Efficacy, Sports Performance, Perceived Physical Ability, Athletes, School Level, District Level**

### **Introduction**

Sports psychology in many ways is a fortunate scientific field of inquiry as it provides an arena for the study of human performance and emotions spanning the “thrill of victory to the agony of defeat” as well as group dynamics, organizational behavior and individual personality characteristics. Overall the literature supports, the idea that the mental preparation strategies have a positive effect on the performance as it is assumed that physical ability 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 as well. The rationale of this research work circles around the

factors like self-efficacy which is the axis of human traits and to a large extent affects the outcome of the specific behavior.

Self-efficacy is people’s belief in their capabilities to perform in ways that give them control over events that affect their lives. Bandura (1977) used self-efficacy to denote a situationally specific variable which influences performance and determines how much efforts individual will expand and how long they will persist in the face of obstacles and difficult experiences. Therefore, higher the self efficacy more will be the intensive effort while lower the self-efficacy less will be the effort and difficult tasks will be viewed as threats.