

A COMPARATIVE STUDY OF SELF-EFFICACY OF UNIVERSITY LEVEL SWIMMERS

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ABSTRACT: *The aim of present study is to compare the medallist and non-medallist swimmers of university level with regard to their self-efficacy. To accomplish the study, purposive sampling technique has been used. For this purpose, 140 University level Swimmers (70 medalists and 70 non-medalists) were selected as subjects. The aim of present study is to compare the swimmers with regard to their self-efficacy. The sample of the study has been selected from the All India Inter University Swimming, diving and Water polo (Men) Championship 2018-2019 held at Jain University, Bangalore from 28th to 31th October 2018. The standard psychological tool constructed by Schwarzer and Jerusalem, was used to measure self-efficacy (1995). To find out the difference in the level of self-efficacy, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study showed a statistically significant difference was found between medallist and non-medallist swimmers of university level with regard to their self-efficacy.*

Keywords: *Self-Efficacy, Swimming Players, University level,*

Introduction: Swimming is an individual or team sport that uses arms and legs to move the body through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle and individual medley (Fina, 2012) (Grange & Kerr, 2010; Schilling & Hyashi, 2001). Numerous studies have demonstrated the impact of psychological factors on sports performance. Self-efficacy is the optimistic self-belief in our competence or chances of successfully accomplishing a task and producing a favourable outcome. Self-efficacy according to Bandura (1997) is "people's judgments of their capabilities to organize and execute courses of action required attaining designated types of performances". Self-efficacy beliefs provide the foundation for human motivation, well-being, and personal accomplishment. Bandura claimed that there were four sources for self-efficacy: enactive mastery (performance outcome), vicarious experiences (self-modelling), verbal persuasion (encouragement) and physiological arousal (emotional factors). To improve your self-efficacy, it is necessary to address one or more of these sources.

Objective of the study: To analyze the difference between medallist and non-medallist swimming players of university level with regard to their self-efficacy.

Delimitations of the study

- The study is delimited to Swimming Players.
- The study is delimited to All India Inter University Swimming, diving and Water polo (Men) Championship 2018-2019.
- The study is delimited to male players.
- The study is delimited to self-efficacy.

Criterion measure/tool used: The standard psychological tool constructed by Schwarzer and Jerusalem was used to measure self-efficacy (1995).

Scoring: Self-Efficacy is measured through general self-efficacy test. The General Self-Efficacy Test is a self-evaluation questionnaire of ten statements. It correlated to emotion, optimism, work satisfaction statements, response value which extends from 10 to 40. Each statement carries a maximum score of four and the minimum one. When the subject ticks the high pole part, they were given four points and when they touch the low poles they earn one. The scores of each subject on each statement are summed up and represent the individual's total score with regard to emotion. The total score ranges between 10 and 40, with a higher score indicating more self-efficacy.

Method & procedure: For this purpose, 140 university level Swimming Players (70 medalist and 70 non-medalist) were selected as subjects. The aim of present study is to compare the swimming players with

regard to their general self-efficacy. To accomplish the study, purposive sampling technique has been used. The sample of the study has been selected from the All India Inter University Swimming, diving and Water polo (Men) Championship 2018-2019 held at Jain university Bangalore from 28-31th October 2018. The standard psychological tool constructed by Schwarzer and Jerusalem was used to measure (GSE) general self-efficacy (1995). To find out the difference in the level of general self-efficacy, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that statistically significant difference was found between medalist and non-medalist swimming players with regard to their general self-efficacy.

Findings of the study: The table no.1 shows the descriptive statistics results for the experimental and comparison groups in terms of the group samples (N), group means for self-efficacy scores, and standard deviations from the means and the standard errors of the means.

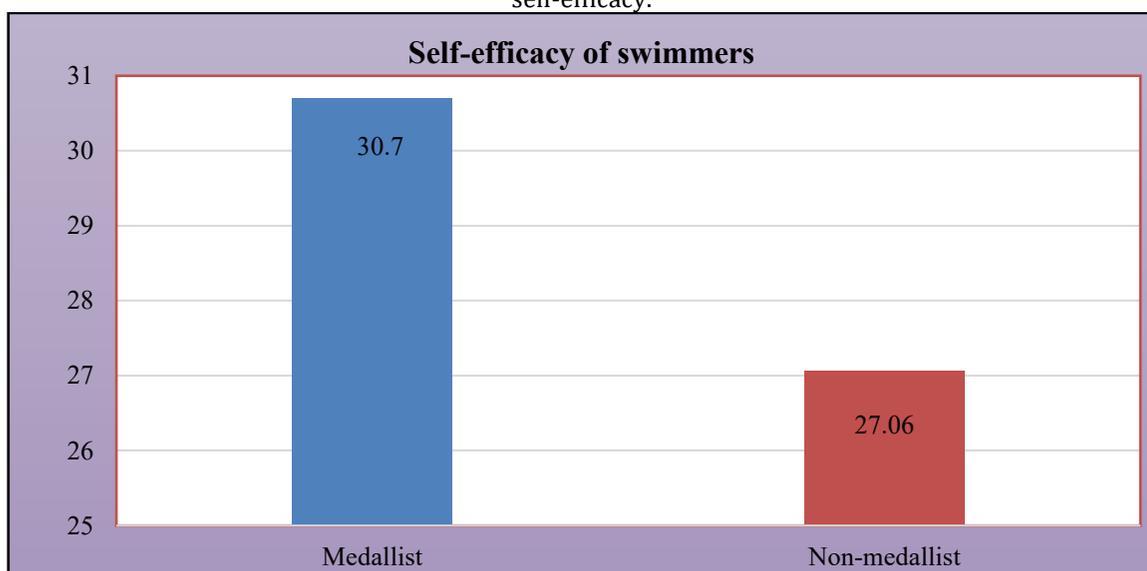
Group statistics (Dependent variable: General Self-efficacy)				
Groups	N	Mean	Std. Deviation	Std. Error Mean
Medallist	70	30.70	4.59	0.55
Non-medallist	70	27.06	4.40	0.53

Level of significance was set at .05
t value at 138, degree of freedom was 1.98

Table 1 represents the independent-samples t-test was conducted to compare the general self-efficacy levels of the medalist and non-medalist swimmers. There was a statistically significant difference between self-efficacy scores for the medalist group (M = 30.70, SD = 4.59) and the non-medallist group (M = 27.06, SD = 4.40; t (138) = 4.79, p = .000).

The results of the independent t-test for the general self-efficacy suggested that there is a statistically significant difference between the self-efficacy levels of the medalist and non-medallist swimmers. A comparison of the means of two groups shows that the medalist swimmers have higher levels of self-efficacy than non-medallist swimmers. In other words, from the results, it can be concluded that the medalist swimmers possess greater levels of self-efficacy towards swimming sports performance and achievement. The comparison of mean and standard deviation scores of both the groups has been presented graphically in figure 1.

Fig 1: The graphical representation of medalist and Non-medalist swimming players with regard to their self-efficacy.



Discussion of the findings: The findings of higher self-efficacy levels of the medal winning swimmers than the non-medal winning counterparts reported in the results are consistent with the findings reported by some Indian researchers in the field of Sports and Sports Psychology, the findings of this study indicated that self-efficacy was one of the stronger predictors of swimming performance. This is consistent with previous research that has shown that self-efficacy was generally a strong predictor of performance in physical activities in general.

Self-efficacy is one of the most important predictor of success in sports and competence based situations. The effect of self-efficacy on achievement is well documented by many researchers through meta-analyses and long-term and short-term research studies. Professor Albert Bandura (2001) states that if a person can visualise himself/herself as winning and execute his plan of action to achieve his target goal, the achievement and self-efficacy cycle goes on. In other words, when a person achieves something from his goals, their self-efficacy level goes higher, which in turn motivates the person to do better in their following efforts.

Conclusion: The findings of the self-efficacy (GSE) scale also indicated a significant difference between the self-efficacy levels of medallist and non-medallist swimmers. In terms of self-efficacy construct, the medallist swimmers showed higher levels and outperformed their non-medallist counterparts.

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