

## DIFFERENCE AMONG SEPAKTAKRAW, FOOTBALL AND RUGBY PLAYERS WITH REGARDS TO THE VARIABLE SELF-EFFICACY

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### Abstract

The purpose of this study was to find of the difference among sepaktakraw, football and rugby players with regards to the variable self-efficacy. Forty seven (N=47) players, was selected as subjects. The age of the subjects was ranged between 17 to 25 years. They were divided into following groups: Sepaktakraw : (N<sub>1</sub>=12), Football: (N<sub>2</sub>=20), Rugby: (N<sub>3</sub>=15). To investigate significant difference among sepaktakraw, football and rugby players with regards to the variable self-efficacy Analysis of Variance (ANOVA) was applied. The results of Analysis of Variance (ANOVA) among Sports Players (VIZ. Sepaktakraw, Football and Rugby) with regards to variable, " Self-Efficacy " were found statistically significant (P < .05).

**Keywords:** Sepaktakraw, Football, Rugby, Self-Efficacy.

### INTRODUCTION:

Self-efficacy (SE) refers to an individual's belief that they are able to succeed given any task that they encounter (Bandura, 1977). SE can be general or task specific, allowing individuals to have a range of SE beliefs about themselves at any one time. An individual's beliefs surrounding their own levels of SE can have an impact on how they feel, think and motivate themselves. This can lead to significant contrasts in behaviour between individuals with differing levels of SE. Those with a strong or high sense of SE believe in their own capability deeply, seeing challenges as tasks to be mastered rather than threats to be avoided (Bandura, 1977). They also engross themselves into tasks and exert strong commitment. Any setbacks they encounter are easily recovered and learned from. These factors can all lead to enhanced personal wellbeing by reducing stress, resulting in the individual being less likely to experience depression. Others with a weak or low sense of SE have major doubts over their own capabilities

(Gist, M. E, 1992). This can lead to a total avoidance of challenges as they see them as threatening situations. These individuals can spend a lot of time focusing on their previous failings and this can lead to setbacks being difficult to recover from. For this reason, these individuals can be more vulnerable to depression and stress (Newman, E. J, 1997).

Levels of SE are not static and have the ability to be increased through exposure to influential information sources, one of which is vicarious experience information (VEI). VEI is argued by Gist and Mitchell (1992) to have the most instant and direct effect on an individual's SE. If we read information about someone which implies that they have succeeded at a certain task, it raises our own belief that we too can succeed at the same task. This belief is further increased if we observe an individual that we consider to be similar to ourselves (Schunk, 1987). Previous studies have not considered how an individual's level of general SE affects how they interpret VEI and the benefit to their task-specific SE that they get from this information.(Riet, J. V. T.)General SE concerns an individual's self-belief that they are able to complete any set task at any time and are not specific. Task-specific SE beliefs, in the study presented in this paper, will refer to an individual's self-belief that they are able to complete a specific set task presented online(Ally, 2004).

### Selection of Subjects

Fourty seven (N=47) players, was selected as subjects. The age of the subjects was ranged between 17 to 25 years.

They were divided into following groups:

- Sepaktakraw : (N<sub>1</sub>=12)
- Football : (N<sub>2</sub>=20)
- Rugby : (N<sub>3</sub>=15)

### Self-efficacy Scale

The general perceived self-efficacy scale (G.P.S.S.) developed by Schwarzer and Jerusalem (1995) assesses a self-efficacy based on general personality disposition. Participants responded by indicating their extent of agreement with each of the 10 statements using a four-

point scale of 1 (Not at all true), 2 (Hardly true), 3 (Moderately true) and 4 (Exactly true). Generally, the scale is self-administered, as a part of more comprehensive questionnaire. It requires 4 minutes on average. The final composite score ranged from 10 to 40 after adding all the responses. The GPSS (general perceived self-efficacy scale) has demonstrated high internal reliability with Cronbach a ranging from .75 and .90 with the majority in the high .80s (Schwarzer and Jerusalem, 1995).

### Statistical Techniques

To investigate significant difference among sepaktakraw, football and rugby players with regards to the variable self-efficacy Analysis of Variance (ANOVA) was applied.

### RESULTS:

**Table-1: Descriptive statistics amongSports Players (VIZ. Sepaktakraw, Football and Rugby) with regards to variable, "Self-Efficacy"**

Descriptives								
	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
Sepaktakraw	12	24.5000	5.00000	1.44338	21.3232	27.6768	18.00	34.00
Football	20	27.2000	4.90542	1.09689	24.9042	29.4958	18.00	36.00
Rugby	15	27.8000	3.23375	.83495	26.0092	29.5908	24.00	34.00
Total	47	26.7021	4.56792	.66630	25.3609	28.0433	18.00	36.00

A glance at **Table-1** showed that the mean value of Sepaktakraw was 24.5000, Football was 27.2000 and Rugby was 27.8000 whereas, the standard deviation value of Sepaktakraw was 5.00000, Football was 4.90542 and Rugby was 3.23375,

**Table-2: Analysis of Variance (ANOVA) results among Sports Players (VIZ. Sepaktakraw, Football and Rugby) with regards to variable, "Self-Efficacy"**

ANOVA					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	81.230	2	40.615	2.034	.143
Within Groups	878.600	44	19.968		
Total	959.830	46			

It is evident from **Table-2** that results of Analysis of Variance (ANOVA) among Sports Players (VIZ. Sepaktakraw, Football and Rugby) with regards to variable, " Self-Efficacy " were found statistically significant ( $P < .05$ ).

**Table-3: Analysis of post-hoc test among amongSports Players (VIZ. Sepaktakraw, Football and Rugby) with regards to variable, "Self-Efficacy"**

Multiple Comparisons						
(I) VAR00002	(J) VAR00002	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
Sepaktakraw (24.5000)	Football	-2.70000	1.63169	.265	-6.8339	1.4339
	Rugby	-3.30000	1.73067	.174	-7.6846	1.0846
Football (27.2000)	Sepaktakraw	2.70000	1.63169	.265	-1.4339	6.8339
	Rugby	-.60000	1.52631	.926	-4.4669	3.2669

Rugby (27.8000)	Sepaktakraw	3.30000	1.73067	.174	-1.0846	7.6846
	Football	.60000	1.52631	.926	-3.2669	4.4669

- A glance at **Table-3** showed that the mean value of Sepaktakraw was 24.5000 whereas Football had mean value as 27.2000. This shows that the Football had demonstrated significantly better on **Self-Efficacy** than their counterpart's Sepaktakraw group.
- The mean value of Wrestling was 17.043 whereas Judo had mean value as 20.082. This shows that the Judo had demonstrated significantly better on **Self-Efficacy** than their counterpart's Wrestling group.
- The mean value of Boxing group was 20.133 whereas Judo had mean value as 20.082. This shows that the Boxing group had demonstrated significantly better on **Self-Efficacy** than their counterpart's Judo group.

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