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## COMPARATIVE STUDY OF SELF EFFICACY OF HIGH & LOW PERFORMANCE GROUPS OF BASKETBALL PLAYERS

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### Abstract:

*The aim of this study was to investigate the self efficacy of high & low performance groups of basketball players. For this 200 basketball players male & female from Punjabi University, Patiala (Punjab) , and age of the samples ranged from 18-25 years. All the samples selected from random basis. To measure the self efficacy of Players, Banduras (1977) scale of self efficacy was used. This questionnaire is highly reliable & valid. Results found that there is a significant difference of self efficacy in high & low performance groups i.e. higher in interuniversity players & lowers in intercollegiate players. But in male & female players of same level but there is no significant difference.*

### KEY WORDS:

Self Efficacy, Basketball Players.

### INTRODUCTION

Theoretical orientation of problem in fact a major dimension of the study of Psychological aspects of the sports is concerned with enquiries related to responsibility of sportsmen. There are numerous theories about the personality of Basketball players, but only limited amount of research has been undertaken to support these theories. It is assumed that the Physical abilities of an individual are related to his Personality structure, because the environment in which Physical abilities and displayed (i. e. games and sports) constitutes an ideal setting for the development of desirable personality characteristics such as sociability, emotional stability, confidence, co-operation which are very essential for increasing the Basketball of the players and sportsmen.

Psychological characteristics to some measure may be attributed to physical fitness of Basketball players. These are the various personality characteristics on the basis of which the high and low performance groups of Basketball Players have been differentiated from the rest.

Self efficacy is people's belief in their capabilities to perform in ways that given them control over events that affect their lives. Bandura (1977) uses self efficacy to denote a situational specific variable which influences performance and determines how much efforts individual will expend and how long the will persist in the face of obstacles and aversive experiences. The stronger perceived self efficacy, the more active the efforts.

People with low sense of efficacy avoid difficult task that they view as threats. They have low aspirations and weak commitments to their goals. They turn inward in their self doubts, instead of thinking about how to perform successful. When face with difficult task, dwell on obstacles. People with high perceive self efficacy by contrast, approach, difficult task as challenges to be mastered rather than threats to be avoided. Ness and Patton (1979) investigation using weight lifters and Mahoney and Avengers (1977)

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field study on the U. S. men's Olympic team generally support the notion that self efficacy can have a strong impact on subsequent.

**METHODOLOGY**

200 male & female basketball players selected from Punjabi University, Patiala (Punjab) . The selected male & female subject's at least Intervarsity Level tournament. The age of the sample ranged from 18-25 years of all the samples were selected from random basis. To assess self efficacy of the players. Bandurs (1977) scale of self efficacy was used. The scale consists of 22 items in the form of a questionnaire which are to be answered by keeping in view the situation. Each response will be rated and six point scale from strongly agree (1) to strongly disagree (6). This questionnaire is highly reliable & valid.

**ANALYSIS AND INTERPRETATION OF THE RESULTS**

**Table No. 1**  
**Comparison of Self-Efficacy between inter-college (low) and inter-university (high) male basketball players**

Group	Number	Mean	S. D.	D.F	't' value
Inter-College (low)	85	70.02	8.54	98	6.171** (p<0.01)
Inter-University (high)	15	85.86	12.24		

\*0.05=1.98  
\*\*0.01=2.63

The perusal of table 1 indicates the mean value of low performance and high performance male basketball players of Inter College and inters university level for self efficacy is. 70.20 And 85.86 respectively. Since t-value is 6.17 which is significant at .01 level of confidence with 98 degrees of freedom thereby indicating that there is significant difference between self efficacy of low performance group (inter college) and high performance group (Inter-university) male basketball players.

**Table No. 2**  
**Comparison of Self-Efficacy between inter-college (low) and (inter-university) high female basketball players**

Group	Number	Mean	S. D.	DF	't' value
Inter-College (low)	85	68.77	6.45	98	8.290** (p<0.01)
Inter-university (high)	15	83.26	4.75		

\*0.005=1.98,  
\*\*0.01=2.63

The perusal of table 2 indicates the mean values of inter-college (low) and inter-varsity female basketball players for self efficacy are 68.77 and 83.26 respectively. Since t-value is 8.29 which is

significant at 0.01 level of confidence thereby indicating that there is significant difference between self efficacy of low performance group (Inter-College) and high performance group (inter-varsity) of female basketball players.

**Table No. 3**  
**Comparison of Self Efficacy between Low performer (Intercollegiate) male & female basketball players**

Group	Number	Mean	S. D.	df	't' value
Male	85	70.02	8.54	168	1.073
Female	85	68.77	6.45		(p>0.01)

\*0.05=1.98  
\*\*0.01=2.61

The perusal of table 3 indicates the mean values of low performance groups (inter-college) male and female basketball players for self efficacy is 70.02 and 68.77 respectively. Since t-value is 1.073 which is not significant at 0.05 level of confidence thereby indicating that there is no significant difference between self efficacy of low performance (inter-college) group of male and female basketball players. The hypothesis of present study which stated that there exists no significant difference between low performance groups (inter-college groups) is accepted, as there exists no significant difference.

**Table 4**  
**Comparison of Self-Efficacy between inter-university high performance male and female basketball players**

Group	Number	Mean	S. D.	df	't' value
Male	15	85.86	12.24	28	0.767
Female	15	83.26	4.75		(p>0.01)

\*0.05=2.05  
\*\*0.01=2.76

The perusal of table 4 indicates the mean values of high performance group (inter-university) of male and female basketball players for self efficacy have recorded 85.86 and 83.26 respectively. Since t-value is 0.767 which is not significant at 0.05 level of confidence thereby indicating that there is no significant difference group (inter-university) of male and female basketball players.

#### CONCLUSION

The study has shown the difference in the scores of self efficacy of high and low performance groups of basket ball players. Which is similar to Moheny and Aveners (1977) field study which states that self efficacy can have a strong impact on subsequent performance. Among the female basketball players the findings also state that there is difference of self efficacy in high and low performance groups i. e. higher in inter university players and lower in inter college players. But in male and female players of same level there is no significant difference but the mean score of self efficacy of males are higher as compared to female players.

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