



## A STUDY ON SELF EFFICACY AND SPORTS PARTICIPATION BETWEEN TABLE TENNIS AND BADMINTON PLAYERS

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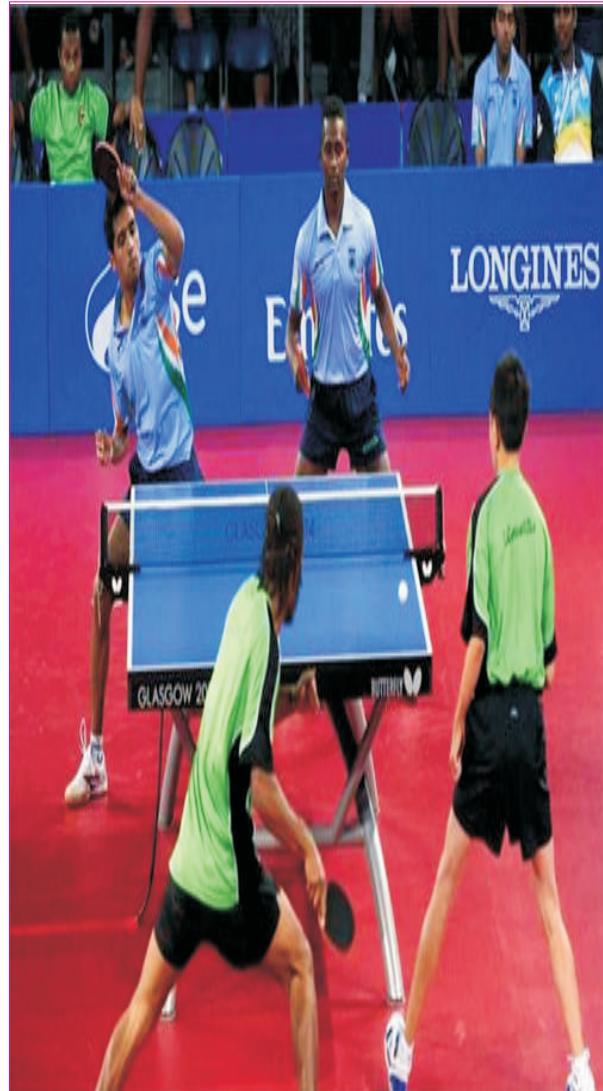
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### ABSTRACT:

**S**elf efficacy also allows people to select challenging settings. Explore their environment, or create new situations. a sense of competence can be acquired by mastery experience, vicarious experience, verbal persuasion, or physiological feedback. is a person's judgment about being able to perform a particular activity. it is students I can or I cannot belief. Unlike self esteem, which reflects how students feel about their worth or value, self efficacy reflects how confident student are about performing special task. However, having high self efficacy does not necessary mean that student believe they will be successful. The level of degree of difficult towards that goal which a person has set for Himself the personality is his desire to achieve that goal with such a degree of difficulty, he believes is able to reach.



**KEYWORDS:** Self Efficacy and Sports Participation between Table Tennis and Badminton Players.

### INTRODUCTION

International sports arena has become a prestige issue linked with political system and as such nation vie with others to produce top class sportsman for international competitions. For this research is systematically conducted to identify the factors that help in achieving level of skill which a player can attain through proper coaching and evaluation.

Action are per-shaped in thought, and people anticipate either optimistic or pessimistic scenarios in line with their level of self efficacy. Once an action has been taken, high self efficacious person invest more effort and persist longer than those with low self efficacy. When setbacks occur the former recover more quickly and maintain the commitment to their goals.

Self efficacy also allows people to select challenging settings. Explore their environment, or create new situations. a sense of competence can be acquired by mastery experience, vicarious

experience, verbal persuasion, or physiological feedback. is a person's judgment about being able to perform a particular activity. It is students I can or I cannot believe. Unlike self esteem, which reflects how students feel about their worth or value, self efficacy reflects how confident student are about performing special task. However, having high self efficacy does not necessarily mean that student believe they will be successful. High self efficacy indicates how strongly students believe they have the skill to do well. They may believe other factors will keep them from succeeding. Level of behavioral tendency that selectively reinforced for the role it plays both during training and competitions. Level defined as the tendency to increase performance in terms of precision or speed.

The level of degree of difficult towards that goal which a person has set for Himself the personality is his desire to achieve that goal with such a degree of difficulty, he believes is able to reach.

**Problem:**

A Study on Self Efficacy and sports participation between Table Tennis and Badminton Players

**Hypotheses:**

It was hypothesized there is a significant difference in self efficacy and sports participation between table tennis and badminton players

**Objective:**

To assess the significant differences of self efficacy and sports participation between table tennis and badminton players

**MATERIALS AND METHODS:**

The present research is descriptive comparative which compares the self efficacy and sports participation between table tennis and badminton players

**Participants:**

The participants of the present research are belonging the self efficacy and sports participation between table tennis and badminton player those are participating in the inter university tournaments. The sample was selected using purposive random technique, twenty five subjects of each group as table tennis and badminton sportsperson were selected.

**Measurement Tools:**

To collect the requisite data, the standardized questionnaire constructed by Bandur has administered on the who self efficacy between table tennis and badminton players are participating in all India interuniversity tournament held at different part of the country.

**Data analysis:**

First descriptive statistics including means and standard deviation and 't' test used for describing the self efficacy and sports participation between table tennis and badminton players

**METHODOLOGY**

The purpose of the study was to find out self efficacy and level of table tennis and badminton players. To achieve the purpose of this study the investigator selected 50 players. Consisting of table tennis 25 and badminton players. The subjects were randomly selected from players who participated in inter physical education tournament. The selected subject's age groups were ranging from 19 to 28 years.

To compare the self efficacy and level of table tennis and badminton players. the uncorrelated t ratio as stated by Clarke and Clarke was used to test for the difference between the group mean. The 0.5 level of significance was used to test for differences between the group mean

## RESULTS AND DISCUSSION

The comparison of self efficacy and sports participation between table tennis and badminton players are given below.

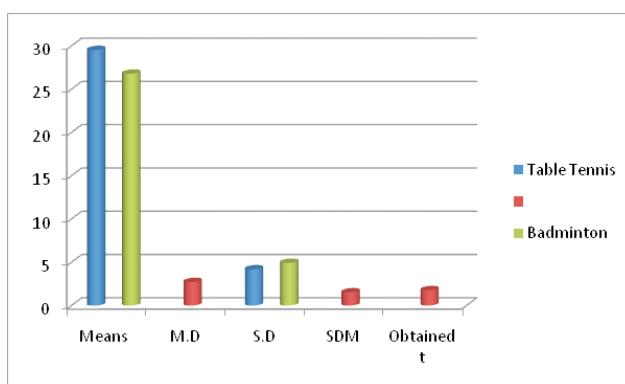
TABLE -I

Showing mean, mean difference, standard deviation, standard error and obtained t value of self efficacy between table tennis and badminton players.

Groups	Means	M.D	S.D	SDM	Obtained t
Table Tennis	29.53	2.73	4.193	1.53	1.78
Badminton	26.8		4.94		

Significant at 0.05 levels

T value required at (0.05) (2.28) = 2.048



Shows that mean value of self efficacy of table tennis players were 29.53 and for badminton players were 26.8 with the mean difference of 2.73. the obtained t value of 1.78 was less than the required t value of 2.048 to significant at 0.05 level. So there were no significant differences between table tennis and badminton players on self efficacy.

## CONCLUSION

Within the limitation and delimitation of the study, following conclusion are drawn. It was concluded that there was no significant difference in self efficacy between table tennis and badminton players. However a small difference in favor of table tennis players exists but was not statistically significant. This may be due to the fact that both the groups were able to believe in their own capabilities to organize and execute the courses of action required for producing given attainment. They were also equally able to execute not only physical performance but emotional status and action needed in relation to changing environmental conditions.

Where in badminton is a team game which demands tremendous amount of physical and mental skills especially the tendency to increase performance in terms of precision or speed depend upon their team play for their coordination and support in play. Thus the mean value of badminton players is level of table tennis players.

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