

Comparative study on anxiety level and self-efficacy among inter-college and inter-university softball players

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Abstract

Psychology is the science of activities of an individual in relation to his environment. Literally Psychology means knowledge of the soul. Psyche means “Solu”, logos means “Science”. The firm soul could not satisfactorily be explained. So Psychology is defined as the science of mind. Some Psychologists analysed the mind, and said that the mind could think, feel and act. These are the states of structures of mind. The most accepted definition is that, Psychology is the science of behaviour and experience. Behaviour induces all manifestation of life. As a pure science Psychology is concerned primarily with systematic study of behaviour and other verification through experimentation. Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people’s lives and well-being throughout the entire lifespan. To make a research paper interesting, it is necessary to have a good topic in hand. Since psychology offers a plethora of topics, students may have a difficult time in choosing one.

Keywords: psychology, motivation, softball, inter-college, inter-university

Introduction

Selection of Subjects

The researcher collected the data on sixty (N=60), female players. The subjects further divided into (N=30) intercollege players and (N=30) interuniversity level players among the age group of 18-28 years were selected. The subjects were purposively assigned from inter-college and interuniversity level softball players. To check the self-efficacy of players general efficacy scale was used which has been translated by Mary Wegner from the original German version by schwarzer and jeruslam (Schwarzer, 1992).

Statistical Technique Employed

The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for selected variable were tested for the significance of difference by unpaired ‘T’ test. In all the analyses, the 5% critical level ($p < 0.05$) was considered to indicate statistical significance.

Analysis of Data

Table 1: Comparison of self -efficacy among inter university and inter college softball players.

Variable	Group	N	Mean	S.D	t-value	p-value
Self Confidence	Inter university	30	19.30	2.46	2.76*	0.008
	Inter college	30	21.13	2.66		

* indicates $p < 0.05$

The Self –Efficacy of inter university and inter college softball players is shown in table-1. The mean self-efficacy of inter

university softball players and inter college softball players was 19.30 and 21.13 respectively. As shown in the table there was significant difference in relation to self-efficacy ($t = 2.76$ $p < 0.008$) between the inter university and inter college softball players. Interuniversity players score less than intercollege player’s shows significantly more self-efficacy in interuniversity players.

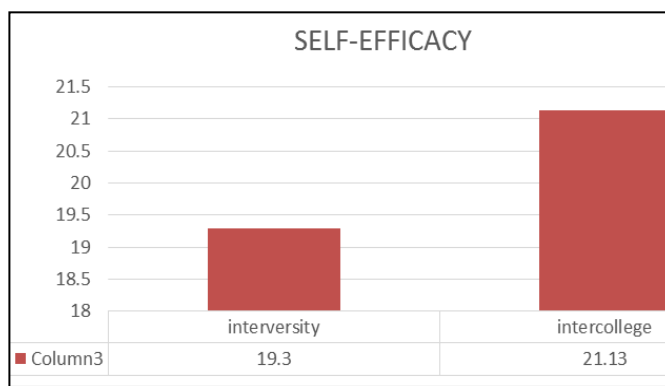


Fig 1: Mean of self-confidence among inter university and inter college softball players.

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