

A COMPARATIVE STUDY OF SELF-EFFICACY BETWEEN MALE AND FEMALE INTER-COLLEGIATE SOFTBALL PLAYERS OF MANIPUR

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ABSTRACT

The purpose of the study was to compare the difference between male and female inter-collegiate softball players of Manipur on self-efficacy. Forty (40) softball players (male = 20, female = 20) who represented in the inter-collegiate softball tournament held at Regional college, Imphal west district conducted under the aegis of Manipur University, Canchipur (India) in 2013 were recruited as the subjects. The age of the subjects ranged from 17 to 28 years. General Self-Efficacy Scale (GSES) developed by Schwarzer and Jerusalem (1995) was used for assessing the level of self-efficacy of the subjects of two experimental groups. 't' test was employed to analyze the data. Results of the study revealed insignificant difference between male and female inter-collegiate softball players of Manipur with stare to self-efficacy.

Keywords: Self-efficacy, softball.

1. INTRODUCTION

Softball is played on a diamond shaped field by two equal teams of 10 players (for 16" slow pitch), or 9 players (for 12" fast pitch). One team bats while the other team is out in the field. The team up to bat attempts to hit the ball in fair territory to move their team around the bases and score runs. A run is scored when a player moves around all four bases without getting out. The team out in the field attempts to get the batter or the runners on the bases out. An out can be made by doing a number of different things that will be explained later in the study guide. After three outs have been made the teams switch from batting to the field. When both teams are finished batting and playing the field this is called an inning. The team that has the maximum scores after seven innings will be declared as winner.

Self-efficacy is the measure of one's own competence to complete tasks and reach goals (Ormrod, 2006). Self-efficacy affects every area of human endeavour by determining the beliefs a person holds regarding his or her power to affect situations, thus strongly influencing both the power a person actually has to face challenges competently and the choices a person is most likely to make. These effects are particularly apparent and compelling with regard to behaviors affecting health (Luszczynska & Schwarzer, 2005).

Self-efficacy is fundamentally a situational-specific form of self-confidence. It is a belief that one has the capabilities to execute the courses of actions required to manage prospective

situations. In other word, self-efficacy is the perception of one's ability to successfully perform a particular behavior Bandura (1977).

Psychological factors play a crucial role in shaping the performance level. However, in recent times great prominence has been laid to psychological parameters in cutthroat sports (Attri, 2013; Saeed & Pandey, 2015; Kishore, 2016; Singh & Tripathi, 2016; Coknaz & Aktag, 2017; Mouloud & Elkader, 2017; Singh, 2017).

2. METHODS AND MATERIALS

2.1 Participants

For the purpose of this study forty (40) softball players (male = 20, female =20) who participated in the inter-collegiate softball (Men & Women) tournament (2013) were considered as subjects. Their age ranged from 17 to 28 years.

2.2 Tool

The General Self Efficacy Scale (GSES) is a 10-items psychometric scale which is designed to assess positive self-assurance to handle with a variety of difficult demands in life-item version developed by Schwarzer and Jerusalem (1995). The test is self-evaluation questionnaire consisting of 10 statements related to various situations. Sum up the responses to all 10 items to yield the final composite score with a range from 10 to 40. Cronbach's alphas ranged from 0.76 to 0.90, with the majority in the high 0.80. It has been used in numerous studies on huge number of participants in contrast to other scales those were designed to assess sanguinity.

2.3 Procedure

The questionnaire was administered on the subjects during inter college softball (Men & Women) tournament held at Regional College, Imphal West district under the aegis of Manipur University, Canchipur (India) from 11th to 13th September, 2013. Before administration of questionnaire, the pollster approached the subjects through their coaches and managers at the personal level requesting them to extend their importunate cooperation in the data collection.

2.4 Data Analysis

The data thus collected were statistically treated by using Statistical Package for the Social Science (SPSS) version 16.0 computing Mean, S.D. and *t*-ratio were computed to scrutinize significant difference between two experimental groups on the psychological parameter of self-efficacy considered for the study. The results have been presented in the following table:

3. RESULTS

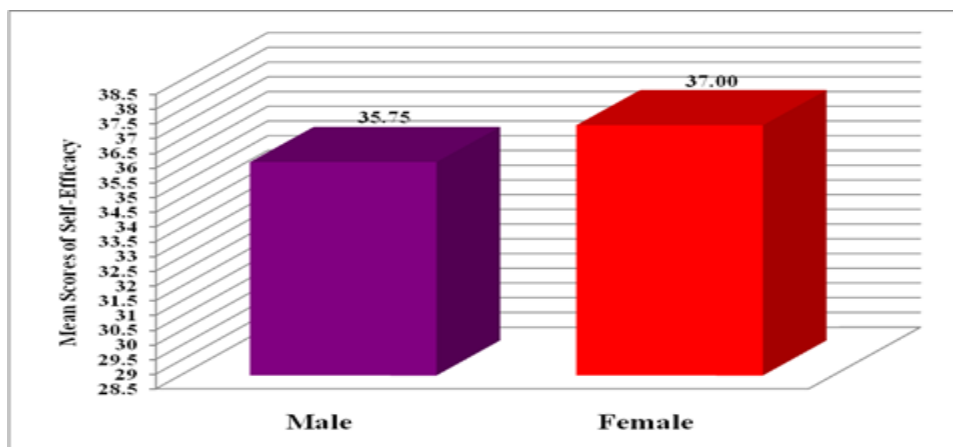
Table 1: Indicating the mean difference on self-efficacy between male and female inter college softball players of Manipur.

Experimental Groups	No. of Subject	Mean	Standard Deviation	t-ratio
Male	20	35.75	4.03	1.16
Female	20	37.00	2.61	

Tabled value of 't' at 0.05 level of significance with 38 df = 2.02

It may be observed from the table that insignificant difference was found between male and female inter-collegiate softball players of Manipur. The obtained t value (1.16) is considerably lesser than the tabulated t value 2.02 at 0.05 level of significance with 38 degree of freedom.

Figure 1: Graphical representing the difference of self-efficacy between male and female inter-collegiate softball players of Manipur



4. DISCUSSION

As per the results of the study, the obtained mean scores (male = 35.75 & female = 37.00) have obviously suggested that both the groups of softball players have considerably moderate scores on their self-efficacy. There subsists an insignificant difference in the self-efficacy of male and female inter-collegiate softball players of Manipur.

The result of the study may be in line with the findings of Ali, Rahaman, and Gurjar (2013) who compared self-efficacy among male-female intervarsity taekwondo players of India and found that an insignificant difference revealed between male and female in regard to self-efficacy. In an akin study, Ahsan (2014) who assessed the self-efficacy among male and female intervarsity soccer players and reported that insignificant difference was observed between male and female between soccer players.

5. CONCLUSION

Base on the results obtained from the present empirical study it may be concluded that male and female inter-collegiate softball players of Manipur did not significantly differ on their level of self-efficacy. The findings also suggest that the level of self-efficacy of these softball players (male and female) falls in the average range which seemed to be necessary for surpass maximum self-confidence in competitive sporting spirit.

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