

Relationship between “self-efficiency“ competence levels and constant sportive self-respect levels of football players (Sample of Istanbul European Side)

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Abstract

- Purpose:** Super amateur cluster is examination of the relationship between “self-efficiency” and competence levels and constant sportive self-respect levels of football players.
- Material:** Population of the study consists of 80 super amateur cluster football clubs operating in European Side of İstanbul Province, and sample of the study consists of (n=310) volunteer football players playing football in 21 sports clubs determined with simple random method. Questionnaire method was applied as data collection tool. The participants were applied personal information form, Self Efficiency Competence Scale which was developed by Sherer and colleagues in 1982 and adapted to Turkish by Gözüm and Aksayan in 1999 and Constant Sportive Self-Respect Scale which was developed by Vealey in 1986 and of which validity and reliability studies were conducted by Yıldırım in 2013. The obtained data was recorded with the package program named “IBM SPSS 22”. Correlation analysis and regression analysis were applied as statistical procedure.
- Results:** It was seen that “self-efficiency” and - competence levels of amateur football players were in a good level and constant sportive self-respect levels were high. It was detected that there is a high-level positive relationship between constant sportive self-respect level and “self-efficiency” and -competence level, and that “self-efficiency” and - competence level predicted constant sportive self-respect level.
- Conclusions:** It may be considered that sufficient performance of the football players results from self-completion, motivation, belief in themselves and desire to act for success by using their skills.
- Keywords:** Football Player, Self-efficiency, Competence, Constant Sportive Self-respect.

Introduction

Individuals may experience some problems and difficulties for reaching success in some periods of their lives. Overcoming problems may be associated with competences and efficiencies of individuals. Self-competence is the perception to be able to perform a behavior to obtain a certain outcome [1]. According to Yardımcı and Başbakkal [2], self competence is the emotion that an individual is sufficient and effective. Self competence is effective in initiating and stimulating a behavior and enabling continuity and revelation of individual-specific performance; at the same time it has an important role in development of a skill in an individual by enabling compatible integration of skill and information or initiation and application of learning procedure. Individuals with strong self-competence belief have a success and goodness, and personal development and skills are also enriched. Lowness of self-competence perception may cause experiencing failure particularly in situations requiring the same level of performance constantly [3, 4]. Highness or lowness of self-competence level possessed by individuals may reveal an undeniable truth in exhibition of required performance and realization of a task to be done successfully.

“Self-efficiency” and -competence is defined as self-judgment of faith of an individual in organizing activities required for exhibiting a certain performance and capacity to realize the same successfully [5, 6]. Self-efficiency and competence level may prevent or enhance motivation to take action. Individuals with high self-efficiency may choose more complicated and risky missions. Their targets are high and they

work determinedly for reaching these targets [7]. On consideration of targets of the football players, it is required that their self-efficiency and –competence levels should be high in trainings and matches, because complicated and skill-requiring structure of football and internal and external environmental factors may affect efficiency and competence. “Self-efficiency” and –competence levels of football players and individual and sportive confidence of football players may developed in the same direction. Tutko and Tosi [8] define confidence as faith in his/her own skills, acceptance of struggles pushing the limits, knowing his/her own strength and weakness and struggling to achieve a desired outcome. Vealey [9] developed the concept of confidence which he defines as certainty of possession of required skills for sportsmen’ success. Vealey [9] indicated constant sportive confidence as competence faith of competence of a person relating to his/her skill to be successful in sports.

As a consequence of the explanations, the aim of the study is to examine the relationship between “self-efficiency” and -competence levels and constant sportive self-respect levels of the super amateur cluster football players.

Material and methods

Participants

The aim of the study is to examine the relationship between self-efficiency and competence levels and constant sportive self-respect levels of the super amateur cluster football players. In line with the aim of the study, the population of the study consists of 80 super amateur cluster football clubs operating in European Side of

Istanbul Province, and sample of the study consists of 310 volunteer football players playing football in 21 sports clubs determined with simple random method. The participants were asked to fill in an informed voluntariness form. The participants were informed about the study. The participation was based on voluntariness.

Measurements and Procedures

Questionnaire method was used as the data collection tool. The participants were applied personal information form (age, year of sports, status of being professional and status of sports-making in the family), self-efficiency and-competence scale and sportive self-respect level scale.

Self-Efficiency Competence Scale (SECS) which was developed by Sherer and colleagues [10] and adapted to Turkish by Gözüm and Aksayan [7] was used to measure “self-efficiency” competence levels of the participants. The scale consisted of 23 items. Validity and reliability of the scale was performed by Gözüm and Aksayan [7], and Cronbach Alpha internal consistency coefficient was found as 0,81. The scale consisted of four sub-dimensions. Behavior initiation sub-dimension consisted of (2, 11, 12, 14, 17, 18, 20 and 22nd) items, behavior continuation sub-dimension consisted of (4, 5, 6, 7, 10, 16 and 19th) items, behavior completion sub-dimension consisted of (3, 8, 9, 15 and 23rd) items and obstacle management sub-dimension consisted of (1, 13 and 21st) items. On evaluation of the scale, (2, 4, 5, 6, 7, 10, 11, 12, 14, 16, 17, 18, 20, 22nd) items were scored reversely. The highest point of the behavior initiation sub-dimension was 40, the lowest point was 8; the highest point of the behavior continuation sub-dimension was 35, the lowest point was 7; the highest point of the behavior completion sub-dimension was 25, the lowest point was 5; and the highest point of the obstacle management sub-dimension was 15, the lowest point was 3. Throughout the scale, the lowest point was 23, and the highest was 115. High point indicates high level of self efficiency and competence level. The scale is evaluated over 5-point Likert type scale as “does not define me” 1 point, “defines me a little” 2 points, “neutral” 3 points, “defines me well” 4 points, “defines me very well” 5 points. Constant Sportive Self-Respect Scale (CSSRS) which was developed by Vealey [9] and of which Turkish validity and reliability studies were conducted by Yıldırım [11] was used to detect sportive self-respect level of the participants. CSSRS had a single sub-dimensioned structure and consisted of 13 items. Scale reliability coefficient was calculated as .84. The highest point of the scale was 85, and the lowest point was 13. The scale items were evaluated over 5-point Likert type scale as (1) ‘Very Low, (2) ‘Low, (3) ‘Medium, (4) ‘High and (5) ‘Very High’.

Statistical Analysis:

The data obtained from the personal information form (age, year of sports, status of being professional and status of sports-making in the family), sportive self-respect level and “self-efficiency” and competence scales was entered into SPSS22.0 package program and

analyses were conducted by means of this program. Personal information relating to the candidates, inventory averages and factor points were provided by detecting frequency (f) and percentage (%) values. Parametric and nonparametric distribution curves of parametric and nonparametric distribution statuses of points were looked by examining skewness-kurtosis values. The data exhibited nonparametric distribution. Sperman correlation and regression analysis were utilized as statistical procedure.

Results

On examination of Table 1, it was seen in terms of ages of volunteers participating into the study that 20% were between age range of 18-20, 17,4% were between age range of 21-23, 25,5% were between age range of 24-26, 20,6% were between age range of 27-29, 16,5% were 30 and above. It was seen in terms of year of sports of the football players that 7,1% had a sports year between 1-5, 31,0% had a sports year between 6-10, 41,9% had a sports year between 11-15 and 16,5% had a sports year of 16 and above; for the question whether they were professional or not, 32,6% answered yes and 67,4% answered no; for the question whether there was a sportsman in the family, 41,9% answered yes and 58,1% answered no.

On examination of Table 2, it was seen that the constant sportive self-respect scale average score was $4,10 \pm 0,66$, the “self-efficiency” and -competence scale behavior initiation sub-dimension score was $21,63 \pm 6,22$, the behavior continuation sub-dimension score was $20,98 \pm 4,83$, the behavior completion sub-dimension score was $19,98 \pm 3,02$, the obstacle management sub-dimension score was $11,24 \pm 2,05$ and the “self-efficiency” and -competence total score was $73,84 \pm 10,83$.

On examination of Table 3, it was seen that there was a high-level positive relationship between the constant sportive self-respect level and the “self-efficiency” and competence level ($r=,793$, $p=,000$). On examination of the relationship between the constant sportive self-respect level and the “self-efficiency” and competence sub-dimensions, it was detected that there is a low-level positive relationship with the behavior initiation sub-dimension ($r=,212$, $p=,000$), medium-level positive relationship with the behavior completion sub-dimension ($r=,438$, $p=,000$), medium-level positive relationship with the obstacle management sub-dimension ($r=,450$, $p=,000$) and no relationship with the behavior continuation sub-dimension ($p<,001$).

On examination of Table 4, there was a significant relationship between the self efficiency and competence level and the constant sportive self-respect level ($R=,202$, $R^2=,041$; $p<,001$). On examination of t-test results relating to significance of regression coefficient, it was seen that “Self efficiency- and -competence” total score ($t=3,173$, $p=,000$) was predictor of the constant sportive self-respect level, and it corresponded for approximately 41% of total variance.

Table 1. Socio-demographical Features of Participants

Characteristic	Features	Frequency	Percentage
Age	18-20	62	20,0
	21-23	54	17,4
	24-26	79	25,5
	27-29	64	20,6
	30 and above	51	16,5
	Total	310	100,0
Year of Sports	1-5	22	7,1
	6-10	96	31,0
	11-15	130	41,9
	16 and above	62	20,0
	Total	310	100,0
Are you professional?	Yes	101	32,6
	No	209	67,4
	Total	310	100,0
Is there any sportsman in the family?	Yes	130	41,9
	No	180	58,1
	Total	310	100,0

Table 2. Descriptive Statistics of Answers Given for Scales by Participants

Characteristic	answer	N	Min	Max	X±Sd
Constant Sportive Self-Respect	CSSR Average	310	1,54	5,00	4,10±0,66
	Behavior initiation	310	8,00	40,00	21,63± 6,22
	Behavior continuation	310	10,00	35,00	20,98± 4,83
Self efficiency and competence	Behavior completion	310	6,00	25,00	19,98± 3,02
	Obstacle management	310	4,00	15,00	11,24±2,05
	Total	310	45,00	115,00	73,84±10,83

Table 3. Relationship between Self efficiency Competence Levels and Constant Sportive self-respect Levels

Characteristic	1	2	3	4	5	6	
Constant Sportive Self-Respect	r	1					
	p	-					
Behavior initiation	r	,212**	1				
	p	,000	-				
Behavior continuation	r	,101	,415**	1			
	p	,076	,000	-			
Behavior completion	r	,438**	,126*	,281**	1		
	p	,000	,027	,000	-		
Obstacle management	r	,450**	,155**	,002	,450**	1	
	p	,000	,006	,968	,000	-	
Self efficiency and competence	r	,793	,762**	,751**	,536**	,213**	1
	p	,000	,000	,000	,000	,000	-

P< 0,001

Table 4. Regression Analysis relating to Prediction of Constant Sportive self-respect Level

Characteristic	β	t	P	R	R ²	F	p
Constant				,202	,041	10,067	,000
Self efficiency and competence	,202	3,173	,000				

P< 0,001

Discussion

It was seen that the constant sportive self-respect levels of the volunteers participating into the study were in a good level with respect to the constant sportive self-respect scale average scores. On examination of the literature, the constant sportive self-respect level average points of the sportsmen were detected as 4.26 in a study conducted by Çetinkaya [12] to team sportsmen. It was seen in our study that the constant sportive self-respect levels of the football players were lower compared to similar studies. In this study, it was seen that point averages were high in sub-dimensions of the behavior initiation, continuation and completion, medium in the obstacle management sub-dimension, and the self efficiency and -competence levels were in a good level. In a study conducted by Akgül [13] on health personnel, behavior initiation point average was found as 20.35 ± 8.16 , behavior continuation as 18.27 ± 7.48 , behavior completion as 18.94 ± 4.14 and obstacle management point average as 8.9 ± 2.48 . Self efficiency and -competence total point average was detected as 66.53 ± 14.80 . Yiğitbaş and Yetkin [14] detected in their study conducted on health college students that self efficiency and competence scale total point average was $X: 91.01$; and in terms of sub-dimensions, behavior initiation (DB) was detected as $X: 29.61$, behavior continuation (DS) as $X: 21.19$, behavior completion (DT) as $X: 19.15$ and obstacle management (EM) as $X: 9.62$. In a study conducted by Okçin and Gerçeklioğlu [15] on students, self efficiency and -competence average score was detected as 82.4069 ± 12.74782 . According to this result, it was seen that the self efficiency and -competence level and the sub-dimension's levels of the football players were in a good level. There is no study in the literature that examines "self-efficiency"- and competence levels of amateur sportsmen. In other studies, on different participant groups, existence of studies with higher and lower scores than the "self-efficiency" and -competence level in our study are seen [6, 7, 13, 14]. These differences may be resulted from environmental factors, education level, current conditions and internal factors.

It was seen that there was a high-level positive relationship between the constant sportive self-respect level and the self efficiency and -competence level. On examination of the relationship between the constant sportive self-respect level and the "self-efficiency" and -competence sub-dimensions, it was detected that there was a low-level positive relationship with the behavior initiation sub-dimension ($r=,212$, $p=,000$), medium-level positive relationship with the behavior completion sub-

dimension ($r=,438$, $p=,000$) and medium-level positive relationship with the obstacle management sub-dimension ($r=,450$, $p=,000$), and no relationship with the behavior continuation sub-dimension. On examination of the literature, although there are different studies relation to "self-efficiency" and -competence and constant sportive self-respect [15, 16, 17, 18], there is no study examining the relationship between the "self-efficiency" and -competence level and the constant sportive self-respect level.

The "self-efficiency" and -competence level and the constant sportive self-respect level provide a positive relationship. It was seen that it was predictor of the constant sportive self-respect level and corresponded to approximately 41% of total variance. Although there are different studies in the literature [19, 20]. No similar study was seen on examination of the literature.

Conclusion

It may be considered that sufficient performance of the football players results from self-completion, motivation, belief in themselves and desire to act for success by using their skills. Development of thought, behavior and emotions, instinct to become successful and development of evaluating environmental effects may be associated with levels of being affected from internal and external factors, "self-efficiency" and -competence and constant sportive self-respect levels.

It is considered that trainings of the football players were not sufficient in terms of development of technical and tactical skills and exhibition of optimal or same level of performance. Due to factors such as complicated play structure of football and audience, self-respect levels, self-competence and efficiency levels of the football players are important factors for performances of the football players. For development of the self-competence and -efficiency level and the constant sportive self-respect levels of the football players, regular mental training education as well as theoretical educations for cognitive and affective development by experts may be provided, and the effect of these educations on performance may be evaluated.

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Conflicts of interest

The authors have no conflicts of interest relevant to this study.

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