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Comparison of Self-Efficacy Between Students Athletes and Non Student Athletes

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Abstract: The aim of the study was to find out the difference in self-efficacy between Students Athlete and Non-Students Athlete. For this present study, 75 Students Athlete and 75 non-students' athlete were selected as a subject. The Academic Self-efficacy scale were used to measure self-efficacy and personality of Students Athlete and Non Students Athlete, t-ratios were used to compare the significantly gender difference between Students Athlete and Non Students Athlete who had participated in Inter collegiate tournament. Significant difference of self-efficacy was found between Students Athlete and Non-Students Athlete. No significant differences were found in Study skills, Critical and creative thinking, between student Athlete and Non-Students Athlete. However, significant differences were found in Time management of students Athletes and Non-Students Athlete. Student's athletes' better Self-efficacy and time management skills and non-students was good Involvement in Learning as compare to their counterparts.

Keywords: Study skills Critical and creative thinking, Time management, Involvement in Learning

INTRODUCTION

Students Athletes is a sportsman spirit and teamwork characteristics . Being a student-athlete will make you feel like an all-rounder, thus increasing your self-confidence. An athlete will also build physical strength and perseverance while practicing drills for the sports event. A student athlete (sometimes written student–athlete) is a participant in an organized competitive sport sponsored by the educational institution in which the student is enrolled. Student-athletes are full-time students and athletes at the same time. Self-efficacy has been associated frequently with stress in students (Singh 2020) and is defined by Bandura (1986) as a belief in one's capability or skill to attain a particular goal or execute a particular behaviour. Bandura proposed that self-efficacy can explain, not only the choice or level at which an activity is pursued, but as well, the likelihood of successful completion of the activity. Self-efficacy has been found to have a significant positive correlation to personality suggesting that those who have a higher self-efficacy also report a lower level of stress (Singh 2020, Singh2020a). As per the investigator knowledge no study conducted on self-efficacy between Students and Non Students Athlete, therefore research scholar conducted the present sturdy

Methods

For the present study 75 five students those who are studying in under graduate and participation Inter Collegiate tournament and 75 Non- Students athletes those who are studying in under graduate selected as a sample size of the study. To determine the Academic self-efficacy of physical and Non-Students Athlete, Yuen and his colleagues (2004B) Academic Self-efficacy scale extracted from the Life Skills Development Inventories were used. The scale consisted of twenty four questions and its measures four dimensions of Academic self-efficacy i.e. Study skills; Time management; Critical and creative thinking ; Involvement in Learning. Mean values, standards deviations and T-ratio was computed to compare, the significant differences between Students Athlete and Non Students Athlete.

Results and Discussion

The results concerning this are presented in the form of tables. For the sake of convenience and methodical presentation of the results, following order has been adopted.

TABLE – I MEAN SCORES AND STANDARD DEVIATION OF SELECTED COMPONENTS OF STUDENTS ATHLETE AND NON STUDENTS ATHLETE .

Sr.No.	Personal characteristics	Students Athlete		Non Students Athlete	
		Mean	Standard Deviation	Mean	Standard Deviation
1)	Age (Year)	23.09	4.66	22.36	3.75
2)	Use of Internate	76.89	11.22	86.98	13.64
3)	Smoking	11.09	3.67	10.67	2.67

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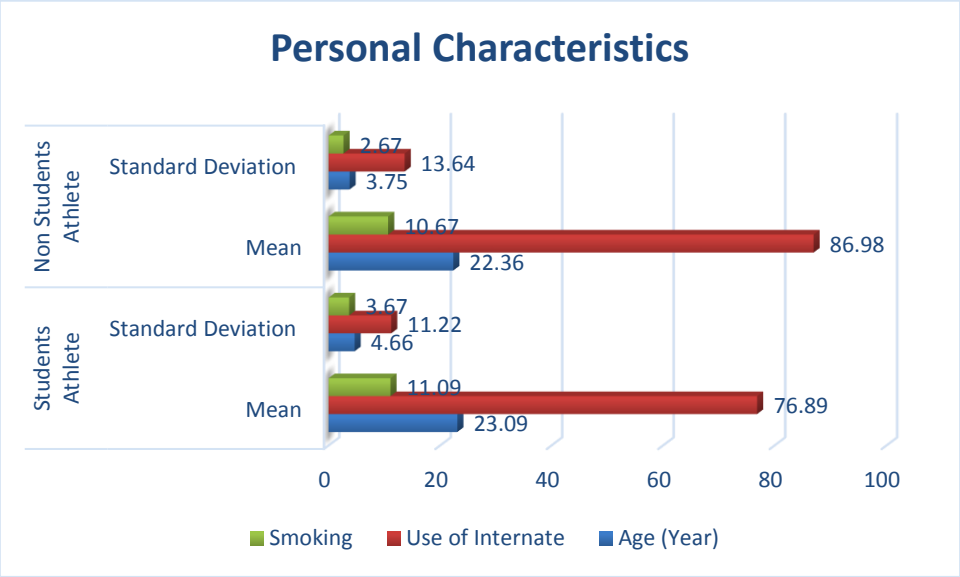
Table-1 indicates that the mean scores and standard deviations of the selected components of the Students Athlete and Non Students Athlete .

Figure -1 shows mean scores and standard deviations of the selected components of the Students Athlete and Non Students Athlete .



Self-efficacy	Students	Number	Means	S.Ds.	t-ratios
Study Skills	Students Athlete	75	20.89	4.26	**1.22**
	Non-Students Athlete	75	20.24	4.49	
Time management	Students Athlete	75	23.42	4.03	**2.88***
	Non-Students Athlete	75	21.08	3.67	
Critical and creative thinking	Students Athlete	75	22.65	5.11	**1.35**
	Non-Students Athlete	75	22.60	4.79	
Involvement in Learning	Students Athlete	75	21.54	4.16	**3.56***
	Non-Students Athlete		23.04	4.80	
Self- efficacy	Students Athlete	75	**92.67**	**16.34**	**4.08***
	Non-Students Athlete	75	**88.75**	**13.51**	

TABLE-2.

MEAN SCORES, STANDARD DEVIATION AND T-RATIOS OF SELF-EFFICACY OF STUDENTS ATHLETE AND NON STUDENTS ATHLETE .

Table- 2 depicted mean scores, standard deviations and t-ratio of Self-efficacy of Students Athlete and Non Students Athlete along with its four subscales of Self- efficacy between Students Athlete and Non Students Athlete . The mean values of Self- efficacy of Students Athlete were obtained 92.67 and the standard deviations were obtained 16.34 respectively, whereas the mean values of Self- efficacy of Non-Students Athlete were obtained 88.75 and the standard deviations were obtained 13.51 respectively . The findings of study reveals that there were significant difference of self-efficacy was observed between Students Athlete and Non Students Athlete . the results of the study shows that Students

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Athlete was found to have got better Self-efficacy as compare to their counterparts. Several study shows that Study shows high school athletes perform better in school, persist to graduation more than non-athletes.

In order to find out the differences of four subscales of Self-efficacy between Students Athlete and Non Students Athlete ; t-ratio was computed for each category separately. The mean values of Study Skills of Students Athlete were obtained 20.89 and the standard deviations were obtained 4.26 respectively, whereas the mean values of Study Skills of Non-Students Athlete were obtained 20.24 and the standard deviations were obtained 4.49 respectively. The findings of study reveal that there were no significant difference of Study Skills was observed between Students Athlete and Non Students Athlete. In addition, The mean values of Time management of Students Athlete were obtained 23.42 and the standard deviations were obtained 4.03 respectively, whereas the mean values of Time management of Non-Students Athlete were obtained 21.08 and the standard deviations were obtained 3.67 respectively. The result shows that there were significant difference of Time management was observed between Students Athlete and Non Students Athlete. The Findings of the study Shows that student athlete having good time management. The probable reason that, student-athlete is challenging because you have to juggle practice schedules and traveling for games with classes The mean values of Critical and creative thinking of Students Athlete were obtained 22.65 and the standard deviations were obtained 5.11 respectively, whereas the mean values of Critical and creative thinking of Non-Students Athlete were obtained 22.60 and the standard deviations were obtained 4.79 respectively. The findings of study reveals that there were no significant difference of Critical and creative thinking was observed between Students Athlete and Non Students Athlete. Furthmore , The mean values of Involvement in Learning of Students Athlete were obtained 21.54 and the standard deviations were obtained 4.16 respectively, whereas the mean values of Involvement in Learning of Non-Students Athlete were obtained 23.04 and the standard deviations were obtained 4.80 respectively. The findings of study reveals that there were significant difference of Involvement in Learning was observed between Students Athlete and Non Students Athlete. Student Athletes incur significantly lower Involvement in Learning due to heavy demanding schedule during study periods

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