

2.2 Methodology

For the present study descriptive comparative method was used to assess and compare the self-efficacy of contact Game and non-contact Game.

2.3 Sampling

For the present study the researcher used purposive sampling technique to select the sample from the population because the entire population for the study was not known.

2.3.1 Population

All the contact game and non-contact game Players aged between 17 to 22 years from Pune City who participated in the National competition of the respective games.

2.3.2 Sample

- From the population total 80 subjects (Contact Game 40 players and non-contact Game 40 players) were selected purposive sampling technique for the present study. The subjects were selected as given in the table below.

CONTACT GAME			
Boxing	Kho.Kho	Football	Hockey
10	10	10	10
Non Contact Game			
Tabletennis	Shooting	Cricket	Volleyball
10	10	10	10

Total=40+40=80.

2.4 Tools Used For Data Collection

The self-efficacy questionnaire (Mr.Albart Bandura 1986) was used to evaluate the self-efficacy of the subjects... It is a sport specific questionnaire to evaluate overall self-efficacy of the players. It consists of forty four questions. The subjects had to respond. The score for the questionnaire was prepared to know the self-efficacy of contact game & non-contact game. There were five options in questionnaire and students had to tick [O] on any one option provided below each question. There were no right or wrong answer.

2.5 Procedure

To enhance the cooperation of the subjects the researcher personally met the subjects, explained the purpose of investigation and gave a clear instruction regarding the method for answering the questions. The researcher distributed the questionnaire booklet for marking the responses. The researcher in person in a face to face relationship administered the entire questionnaire. The subjects went through the instructions, read each statement carefully and indicated their responses. All the filled in questionnaires were collected from the subjects and scoring was done according to the scoring key. Usually every individual of completed the questionnaire within the time limited. The questionnaire is prepared for knowing the self-efficacy of contact game & non-contact game. Tick [O] any one option provide. There was no right or wrong answer. Solve all 44 questions. Maximum time limit for filling up the questionnaire is 30 minutes.

2.6 Statistical Tools

To evaluate the score of self-efficacy descriptive statistics were used. To compare the self-efficacy of contact game and non-contact Game players 't' test was used. To test the hypotheses, the level of significance was set at 0.05.

3. Data Analysis and Interpretation

3.1 Introduction

The data collected was analyzed using statistical technique such as t-test independent. In this chapter the data will be interpreted under two heads viz.

- Analysis and interpretation of self-efficacy score of contact game.
- Analysis and interpretation of self-efficacy score of non-contact game.
- Comparative analysis of the score of contact game and non-contact game.

All the statistical calculations were done using the 11.5 spas software.

3.2 Analysis and Interpretation:

After data collection and scoring the next step is to analyze the data and verify the research hypothesis followed by interpretation. The details of data analysis and interpretation of results have been presented systematically in this chapter.

3.3 Analysis of Self Efficacy

3.3.1 Descriptive Statistic

Table 4.1: Descriptive Statistic of Self Efficacy Between Contact Game and Non Contact Game Players

	Game Type	N	Mean	Std. Deviation	Std. Error Mean
Self-efficacy	Contact game	40	156.2500	21.09168	3.33489
	Noncontact game	40	166.7750	22.07968	3.49110

The above table 4.1 shows the mean and standard deviation for self-efficacy of contact game as 156.25 and 21.09 respectively and the mean and standard deviation of self-efficacy of non-contact game 166.77 and 22.07 respectively.

3.3.2 Testing of Hypothesis

The aim of this current study was to compare the self-efficacy of contact Game and non-contact Game players. For this purpose the research hypothesis was stated as, "H1- There is a significant difference in self efficacy between contact Game and non-contact Game players". The null hypothesis was stated as "H0- There is no significant difference in self efficacy between contact Game and non-contact Game players". The null hypothesis was tested using independent sample t test for all the contact game and non-contact game.

Table 2: Comparison Of Self Efficacy Between Contact Game And Non Contact Game Players

		F	Sig.	T	dd	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self-efficacy	Equal variances assumed	.225	.636	-2.180	78	.032	-10.52500	4.82797
	Equal variances not assumed			-2.180	77.837	.032	-10.52500	4.82797

Table 4.9 shows the statistical analysis for self-efficacy using independent sample t test. Since the significant value is greater than 0.05 equal variance is assumed. The calculated t value (-2.180) for dd 78 shows that there is a no significant difference in Self Efficacy between Contact Game and Non-Contact Game players at 0.05 significance level (p=.032). Hence the research hypothesis was rejected and null hypothesis was accepted.

3.4 Conclusions

Researcher analyzes the collected data as per objective set for the research study. After implementing the appropriate statistical tools to analyze the data, it was shown that is onsignificance difference between the self-efficacy of contact game and non-contact game. Hence research hypothesis is accepted.

3.5 Discussion of Findings

From the findings it was observed that there is no significant difference in the self-efficacy of contact game players and non-Contact Game players. This findings may be due to their past successful experience and may be due to the exposure of the players to various level of competition which improves their confidence and in turn their self-efficacy. Bandura (1997) suggested that past sports experiences and repeated successes increase and build self-efficacy. Trait sport confidence was a strong robust belief in personal efficacy, while predictor of state sport confidence in super repeated failures. As Bandura suggested that the Experience is very important for the players to have higher self-efficacy an in the present study the subject selected in both the groups had similar level of experience. This could be the reason that there was no significant difference found in the self-efficacy of contact game players and non-contact Game players.

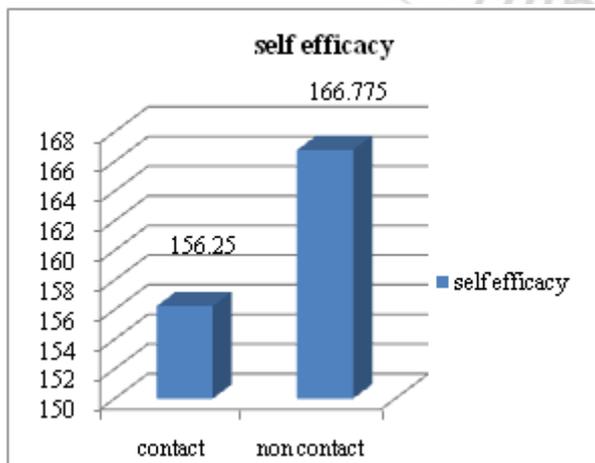


Figure 4.1: Graph of comparative self-efficacy between contact Game and non-contact Game Players

4. Summary, Conclusions and Recommendations

4.1 Introduction

The chapter summarizes in short the entire research work done for the current topic. Along with its presents the major findings of the study and the conclusions are drawn based on the interpretation and findings. Further it puts forth the recommendations for further research work which can be carried out.

4.2 Summary

This study of self-efficacy of contact game and non-contact game of the national club affiliated to Pune city was undertaken to find the difference between the self-efficacy of contact game and non-contact game players.

For the present study the researcher used purposive sampling technique to select the sample from the population because the entire population for the study was not known.

"The self-efficacy inventory test" was administered to all the selected sampling and data was collected from the selected contact game and non-contact game players. The data gathered was statistically analyzed by applying independent's' test with the help of spas (11.5 version) software and interpretations were drawn.

After analyzing the collected data no significance difference were found between self-efficacy of the contact game and non-contact game.

4.3 Conclusion

On the basis of the result obtained in this study the investigator made the following conclusions:

- In this study, the distribution of self-efficacy score of contact game and non-contact game players was nearly normal.
- The research study signifies that there is no significance difference found between the self-efficacy of contact game and non-contact game players.

4.4 Recommendations for Further Studies

- This study can be conducted on female national players.
- This study can be conducted on players playing at different levels.
- This study can be conducted on contact and non-contact games.
- This study can be conducted by taking different games.
- This study can be conducted to compare between different geographical areas.

This study can be conducted gender wise

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