

The relationship between self-efficacy and sports motivation of participants in public sports

Abstract

The purpose of this research is to investigate the relationship between self-efficacy and sports motivation of participants in selected sports. In terms of its purpose, the current research is one of the applied researches and based on the method of data collection, it is a descriptive study and one of the correlation designs. The statistical population of the research includes all participants in various sports (yoga, physical fitness and dojball) and public sports in the city of Semiram, Isfahan, and the number of the population of this research is unlimited. In this research, due to the unlimited population, the research sample was determined by using Morgan's table of 384 people. The research tools in this study were two Shannon-Moran and Chris self-efficacy questionnaires and Markland and Engeldeo's sports motivation questionnaire. Pearson's correlation test and one-sample t-test were used to check the relationship between research variables. The results of the research showed that the level of self-efficacy and sports motivation of the participants of different sports disciplines was at a favorable level and was higher than the average of the society. Also, the results showed that there is a significant relationship between self-efficacy and sports motivation of participants in different sports disciplines.

Keywords: *Sports self-efficacy, Sport motivation, Public sports, Semirom, Isfahan*

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Introduction

Nowadays, playing sports has gained much importance in healthiness, wholesomeness, and economic and social terms. In the robust religion of Islam, much emphasis has been placed on playing sports. As a social phenomenon, playing sports is influenced by various issues, and it covers different groups such as athletes and spectators (Gopalan. et al (2017).). Moreover, playing sports can shape and perpetuate social values in the focal center of attention. Such values may include industriousness, self-devotion, observance of others' rights, staying adherent to the governing regulations, fair play, loyalty, commitment, trustworthiness, and personal organization. Playing sports can assist the individuals' sustainability and, generally, society's stability (Zargar Firoozkouhi, 2016).

Based on the studied statistics, more than 41% of the mortalities relate to five diseases, three of which follow long sedentary life periods .many countries are experiencing a reduction in the numbers of active sports participants despite the importance of sports and sports events, and this is happening while obesity, flimsiness (as an opposite to longevity), and seclusion are increasing with their specific adverse effects on the quality of life (Mo'tamedin, 2004).

The proper behavior exhibited by an athlete, such as preventing disorder and untidiness, enables them to enhance their self-efficacy as a skill contributing to fight with life's problems and issues and elevating their competencies. Sports commitment refers to how individuals actively participate in various sports activities. Motivation is often pertinent to the causes of behaviors and the idea of why human beings exhibit various behaviors in different situations. Every action or task, especially in sports, is motivationally carried out with the

objective of motivation being the corroboration of the athletes' favored deeds and feelings (Eslami et al., 2017). Self-efficacy influences not only the quality of the threats' organization but also the individuals' adaptation to them. High self-efficacy causes a reduction in distress in the face of stressful events

On the other hand, motivation is related to processes that grant power and direction. These processes stem from the forces existing in an individual and their periphery. The internal sources of motivation are emotions, cognitions, and needs. The external events are incentives that cause individuals to be attracted to or avoid a behavior

Motivation often pertains to the causes of the behaviors, which is why human beings behave differently in various situations. Every action or task, especially in playing sports, is motivationally performed, with the objective of motivation strengthening the athletes' favored deeds and feelings. Public sports constitute a branch of sports playing a considerable role in the supply of psychological and physical hygiene. Wood. R. (2019).

Sports self-efficacy plays an effective role in reducing criminality and enhancing commitment and competency. Sports self-efficacy is continuously considered an important factor for predicting the individuals' cognition, behavior, and action; in other words, self-efficacy refers to the individuals' cognition of their abilities for the independent implementation of the activities. Self-efficacy beliefs exert positive effects on various life aspects. The current research paper seeks to investigate the question of how much is the amount of sports self-efficacy and motivation in the individuals taking part in sports activities and whether there is a significant relationship between self-efficacy and sports motivation or not?

Study's Theoretical Foundations:

Public Sports:

“Sport for all” refers to the general public’s engagement in sports, even for short periods, and with consideration of the existing facilities and conditions and the individual’s statuses (Neshati, 2016). Put differently, in public sports activities, the individuals choose a sports field in every place and at any time and start doing the relevant activities. Furthermore, based on the definition by the association of international sport for all (TAFISA), public sports or sport for all points to the set of sports activities that feature recreational and healthcare aspects, disregarding who might win or lose (TAFISA, 2015). To better understand the concept of public sports, it is necessary to get acquainted with the concepts related thereto. Several international organizations, such as the European sport sector for all and TAFISA, the International Olympics Committee, and the UN, have offered various definitions of public sports. In general, public sports mean creating favorable opportunities and an environment via boosting cooperation between the involved organizations (governmental and nongovernmental). In this sense, every individual can participate in physical and sports activities to enhance their health and happiness and improve social relations disregarding gender, age, abilities, social-economic position, and race (Neshati, 2016). Rowe et al. (2013) point out that a substantial part of the research has been done during the recent 20 years on professional sportsmanship, spectators and fans or recreation and sports activities have been less studied as an opportunity for people’s engagement and involvement in sports activities in masses with an approach to their consumption behaviors.

Self-Efficacy:

Bandura realizes self-efficacy as an individual’s judgment about their abilities =. Self-Efficacy influences the amounts of persistence, commitment, and efforts made for accomplishing the objectives; the extent to which we happen to properly appraise our behaviors determines the number of our self-efficacy feelings. Low self-efficacy can destroy motivation, lower the rate of wishes, interfere with cognitive competencies, and adversely influence physical health .Rashid. S., Rana. A. R., (2019)

self-efficacy as one of the most important mechanisms of controlling behaviors and emotional self-regulation. Self-efficacy means an individual’s judgment of their abilities. These beliefs of the individuals in their abilities and competencies influence their perseverance and industriousness. Bandura believes that human beings possess a system of self-control and power of self-regulation by which they can control their thoughts, behaviors, and emotions and play a determinant role regarding their destinies. This way, human beings’ behaviors are controlled by the environment

and the cognitive processes that play a significant part in provoking certain behaviors (Sedigh, 2014).

Upon encountering problems, individuals with high self-efficacy try challenging them instead of avoiding them; these individuals feature a high commitment to achieving the goals and tend to relate their failure more to inadequate efforts and imperfect but reparable knowledge and skill. When facing the problems, they experience calmness instead of becoming anxious and fearful; they have extended perspectives about the problem-solving methods; their weakened self-confidence rapidly starts recovering following failure; they show more interest and engagement in doing the assignments, and they trust in their solutions, but they are, in the meantime, flexible Edmonds, W. (2015).

Individuals with high self-efficacy are well-aware of their strong and weak points. They realistically set their objectives, and they have rational expectations from themselves. These individuals are characterized by high self-esteem; they have more control over their lives and are very daring and sociable. High personal efficacy mitigates the fear of failure and, contrarily, elevates the level of being wishful and improves problem-solving ability and analytical thinking (Asgharzadeh and Mehrabi, 2014).

Sports Motivation:

Motivation refers to the complicated forces, tastes, needs, and stress conditions or other mechanisms that instigate the individuals to take continuous actions in line with the actualization of the objectives (Nowruzi et al., 2012).

seven aspects for assessing sports motivation, namely awareness, success, experience, identity, external regulation, introjections, and motivelessness regulation, with the first three, named awareness, success, and experience, being the internal motives and the three aspects, called external regulation, identity and introjections, being the internal motives and the last one, motivelessness being categorized as the lack of any interest and motive for doing things. The forthcoming section explains each in brief:

A) Awareness:

This type of internal motivation is correlated with various constructs like exploration, curiosity, learning goals, cognitive needs, and perceptions. Therefore, it can be defined as a recreational and satisfactory activity in the course of which the individual experiences learning, exploration or effort to comprehend things; for example, internally motivated athletes can keep on their awareness as far as they endeavor to explore the exercise techniques or as long as they keep on learning things.

B) Success:

Educational researchers in growth and development psychology study this kind of motivation under titles like encouraging domination learning, efficient learning, and

assignment-oriented motivation. In addition, the other researchers have expressed that individuals also interact with the environment if they feel competent and develop an unprecedented feeling of success (Desey, 1975 Delsey and Ryan, 1985 and 1991). If internally motivated, success is defined as being engaged and involved in an activity for recreation and amusement or experiencing satisfaction, in which case the individual tries crating something deemed an example of success by them.

C) Experience:

Motivation is also experienced when an individual gets involved in an activity to experience motivation and stimulation feelings, such as by experiencing recreation, beauty, happiness, and excitement. The athletes who engage in a sport to experience excitement are internally provoked and can feel the stimulation.

D) External Regulation:

Behaviors are completely controlled by external sources such as material rewards and limitations set by others (Desey and Ryan, 1985). Athletes take part in sports to receive encouragement from their coaches, or they are encouraged by their parents as external regulators to play certain sports. In this state, the sports activity is conducted not for recreation and amusement or because it is cheering but for acquiring reward or avoiding the negative results (parents' criticism).

E) Introjections:

In this state, the individual engages in internalization by the force of the external motivating factors, such as when an individual gets involved in an activity of a type in the absence of a real cause with the behavior being not autonomous and regulated by the external events. An individual is introjecting when s/he feels pressure to exercise to maintain physical fitness.

F) Identity:

The last type of external motivation occurs when an individual starts appraising or judging their behavior as an important factor. The activity is still being performed for such a reason as the external instigations. An individual feeling that participating in a sport of a type helps them grow or develop showcases an example of identification.

G) Motivelessness:

The seventh and the last form of motivation is like the learned helplessness in that the discouraged individuals cannot imagine any probability and chance for their deeds and outcomes. They feel a state of inadequacy and lack of control. They cannot be either internally or externally motivated. An

individual in such a situation cannot find any good reason for continuing exercise or activity and, s/he may eventually decide to quit playing sports (Plater et al., 1995).

Study Methodology:

The present study is applied research in terms of objective, and it is descriptive research with a correlation design concerning the information gathering. The study population included the participants of the various public sports activities (Yoga, physical readiness, and dodgeball) in Semirom, Isfahan. Due to the unlimited number of the study population individuals, the Cochran formula was used to determine the study sample's volume. It seminally consisted of 384 individuals, but 200 males and 200 females were eventually selected based on a simple random sampling method as the study participants to whom questionnaires were administered.

The managers' self-efficacy questionnaire designed by Shannon-Moran-Chris (2004) was adjusted and utilized for the athletes to assess the study participants' self-efficacy. The questionnaire contained 18 questions covering three managers' self-efficacy indicators, namely managers' self-efficacy in management (6 items), managers' self-efficacy in educational leadership (6 items), and managers' self-efficacy in ethical leadership (6 items). Additionally, Markland and Ingledew's measure of sports motivation (1997), which contains 51 questions and scored based on Likert's scale (from not at all to completely true), has also been applied herein. The inventory covers weight control, disease avoidance, cheerfulness, physical appearance, social acceptance, psychological pressure control, healthiness, power and stamina, pleasure, group linking, disease protection, competitiveness, agility, and courageousness.

In this study, the validity of both questionnaires was examined using content and face validity assessments; the validity of both of them was confirmed by a number of the corresponding experts and professors following the exertion of the required revisions and corrections. In this study, the reliability of Shannon-Moran-Chris's self-efficacy questionnaire was calculated to equal to 0.81 using Cronbach's alpha method, and it was found that the questionnaire enjoys good reliability. The reliability of Markland and Ingledew's sport motivation questionnaire was calculated based on Cronbach's alpha method by Maleki and Mohammadi (2011), equal to 0.78. In the present study, Cronbach's alpha method was used to calculate the reliability, and a value equal to 0.81 was attained. To perform statistical analysis of the study's raw data, SPSS16 Software was applied.

Findings:

Table 1: the amount of self-efficacy in various sports fields

Fields	Number	Mean	Median	Lowest score	Highest score
Physical readiness	155	39/44	25	30	48

Dodge-ball	115	42/02	25	30	48
Yoga	130	42/66	25	30	48

As is seen in Table (1), the participants' self-efficacy scores are above the median in all three physical readiness, dodge-ball, and Yoga fields; therefore, the self-efficacy of the

participants is evaluated as favorable, with Yoga being the field for which the highest rate of self-efficacy has been attained amongst the other sports fields.

Table 2: the amount of sports motivation in various sports fields

Fields	Number	Mean	Median	Lowest score	Highest score
Physical readiness	155	95/74	60	68	116
Dodge-ball	115	103/2	60	75	116
Yoga	130	103/8	60	90	116

As is seen in Table (2), the participants' self-efficacy rate and mean are higher than the median in all three-sport fields of physical readiness, dodge-ball, and Yoga; hence the participants' sports motivation is evaluated as favorable and

optimum; among the various sports fields studied herein, Yoga has been scored with the highest sport motivation rate for the participants as compared to the other sports fields.

Table 3: the results of the one-sample t-test for determining the differences in the participants' self-efficacy rates from the sample's mean value

Variable	Number	Mean	Degree of freedom	t-statistic	Significance level
Self-efficacy	400	41/37	399	176/16	0/000

Considering the results of table (3) for the one-sample t-test of the first hypothesis and determination of the different extent of the participants' self-efficacy rates from the mean value, a value equal to 176.16 was obtained with a significance value of 0.000, so it can be claimed in a 95% confidence level that

there is a significant difference between the participants' self-efficacy rate and the mean value of the study's sample ($P < 0.05$). As observed, the study participants' self-efficacy is above the study sample's mean value; hence, it is viewed as optimum and favorable.

Table 4: the result of the one-sample t-test for determining the differences in the participants' sports motivation rates from the mean value of the studied sample

Variable	Number	Mean	Degree of freedom	t-statistic	Significance level
Sport motivation	400	100/2	399	157/39	0/000

Considering the results of table (4) for the one-sample t-test of the third hypothesis and determination of the differences in the participants' sports motivation rates from the mean value of the sample studied herein, a value equal to 157.39 was obtained with the significance level of 0.000, so it can be claimed in a

95% confidence level that there is a significant difference between the participants' sport motivation ($P < 0.05$) and the study sample's mean value. Hence, the participants' sports motivation is envisioned as favorable and optimum:

Table 5: Results of the Pearson correlation test for determination of the relationship between the participants' self-efficacy and sports motivation concerning the selected sports activities

Pearson Correlation Test	
Test-statistic	0/812
Significance level	0/000

Considering the results of table (5) for the Pearson correlation test of the fifth hypothesis and investigation of the relationships between self-efficacy variables and sport motivation variables concerning the selected sports activities,

a correlation equal to 0.812 was obtained with a significance value of 0.000, so it can be asserted in a 95% confidence level that there is a significant relationship ($P < 0.05$) between self-

efficacy and sport motivation in the selected sports activities' participants hence the fifth hypothesis is confirmed.

Discussion and Conclusion:

Considering the results obtained for all the three fields of physical readiness, dodge-ball, and yoga, the self-efficacy rates of the participants are above the median; hence the participants' self-efficacy is at a favorable and optimal level, and the highest participants' self-efficacy score was evidenced amongst all the sports fields for yoga herein. Among the sports fields' participants, those doing physical readiness exercises were found to have lower self-efficacy. No research was found have investigated the self-efficacy of the participants in various sports fields; however, the results of this study are consistent with the results found by Golmohammadi et al. (2015), Emad Al-Din et al. (2017), Eslami et al. (2017) and Haidari Al-e-Kathir et al. (2018) all of whom have referred to the optimal level of self-efficacy amongst their studies' participants.

Considering the results obtained for all the three fields of physical readiness, dodgeball, and Yoga, the mean value of the participants' sports motivation was found above the median; hence the participants' sports motivation is rated as favorable and optimum. Amongst the various sports fields studied here, the highest sports motivation of the participants was documented in Yoga. The results of this hypothesis's test are also in accordance with the findings by Parsamehr (2011), Hosseini et al. (2013). Participation in sports activities and various sports fields can influence the physical, psychological, and mental health of the individuals and, consequently, increase motivation, self-efficacy, and commitment; most athletes have been found in a higher level of psychological and mental aspects.

Considering the above-presented results, it can be claimed that there is a significant difference between the participants' rates of self-efficacy and the sample's mean value; thus, it can be asserted that taking part in the selected sports activities such as physical readiness, dodge-ball, and yoga brings about enhancement in the self-efficacy of the participants. The results of this research are in match with what has been found by Golmohammadi et al. (2015), Emad Al-Din et al. (2017), Eslami et al. (2017), and Haidari Al-e-Kathir et al. (2018), who have all pointed to the role of participation in the sports activities in self-efficacy rate's enhancement. Self-efficacy means individuals' judgment about their abilities and competencies. These beliefs about the individuals' abilities influence their perseverance and industriousness. Bandura believes that human beings possess a self-control system and self-regulation power by which they control their system of thoughts, emotions, and behaviors and play an effective role in dominating their destiny. This way, human beings' behaviors are controlled by the environment and cognitive processes (Seddigh, 2014). Participation in sports activities enables an

individual to psychologically and mentally relieve him or herself and reach tranquility which per se helps them better control their behaviors and abilities, following which self-efficacy can be enhanced to a large extent.

Considering the results presented above, it can be claimed that there is a significant difference between the participants' sports motivation and the sample's mean; hence participation in sports activities and various sports fields like Yoga, dodge-ball, and physical readiness causes an increase in the sport motivation of the various sports fields' participants as well as athletes. The results of this hypothesis's test are consistent with what has been found by Parsamehr (2011), Hosseini et al. (2013), and Emad Al-Din et al. (2017). Motivation is a factor activating the behaviors of a certain type; it is one of the factors that plays a notable role in the extent of an individual's success (Saif, 2016). Motivation is associated with cognitive, metacognitive, and emotional processes; it can facilitate the initiation and continuation of the activities and contribute to the long-term engagement with the subject to be learned and spending time on the learning and sports activities. Participation in the various sports fields and doing a lot of constant exercises enables successful accomplishments in such fields, with success and progress being the causes of a person's making more efforts in various educational and sports fields. Therefore, progress in the sports field of interest and acquisition of success cause more motivation for taking part in the sports fields and sports activities.

Considering the results, it can be stated that self-efficacy is a predictor of sports motivation amongst the participants of various sports fields and that it is with the increase in self-efficacy that the participants' sports motivation is enhanced in various sports fields and, conversely, it is with the reduction in the self-efficacy that the participants' sport motivation for taking part in various sports fields is decreased. The results of this research are in this regard in accordance with the findings by Eslami et al. (2017), Emad Al-Din et al. .

Self-efficacy influences many human beings' psychological and mental aspects. In Bandura's mind, being in a low level of self-efficacy or being unable to enhance self-efficacy is correlated with low self-esteem and pessimistic thoughts about one's self and performance. Individuals with low self-efficacy avoid making contact with anyone they believe in having capabilities beyond theirs. On the one hand, feeling robust self-efficacy increases the individuals' performance and psychological health. The investigations have shown that feeling low self-efficacy is specified by excited coping strategies such as denial, avoidance, abstinence, weak appraisal of the self, and psychosomatic symptoms.

On the other hand, high self-efficacy is often associated with problem-oriented coping strategies. Sports motivation is a strong factor and incentive enabling one to keep on doing

interesting sports activities and becoming successful in them; the more an individual can control their emotions and excitements and behaviors, the stronger their motivation would be. Thus, self-efficacy controls behaviors, emotions, and feelings, thereby bringing about more continuity in an individual's performing of the desired sports activities, hence more success in the sports field of choice and, eventually, more increase in the sport motivation.

This study was only conducted amongst the participants of three-sport fields, so the results cannot be generalized to participants of other sports fields. Considering the study results that, among other things, indicated the favorable and optimum level of the study participants' self-efficacy and sports motivation, it is suggested that the officials should set the grounds more for the adolescents and youths' participation in public sports in Semirom, Isfahan.

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