

# Understanding the Role of Self-Efficacy in Sports Performance: A Longitudinal Study

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## Abstract

The primary goal of this research project is to evaluate the influence of self-efficacy in athletic performance. This longitudinal study gives primary research data analysis to identify the research study employed useful research questions connected to self-efficacy and sports performance. This question is dependent on whether it is open-ended or closed-ended. The research study employed SPSS software for this aim, and the outcomes were useful. The descriptive statistic analysis, one-way ANOVA test analysis, variance component analysis, chi-square analysis, and the initial main test between dependent and independent variables are all performed. Self-efficacy considers independent, and sports performance is the dependent variable. An athlete's self-efficacy beliefs are greatly influenced by their coaches, teammates, and the broader sports environment. Coaches, trainers, and sports psychologists can improve performance results by creating effective techniques to boost players' self-belief and confidence by better understanding the components that affect self-efficacy. The overall research study found that there are negative links between self-efficacy and sports performance.

**Keywords:** Self-Efficacy (SE), Sports Performance (SP), Longitudinal research (LR)

## Introduction

A person's belief in their capacity is called self-efficacy, which enables him/her to show such behavior, which is essential for the execution of excellent achievements. Self-efficacy creates confidence in a person to such an extent that he/she can control his/her incitement, deportment, and social background. Everybody has to face challenges in life which enable them to understand whether he is self-efficient or not based on whether they can go through these circumstances or think they will try. We can do it. If a person accepts all challenges and passes through all of these situation's b, bravely handling all obstructions is called as power of self-efficacy. Gaining thrill and excitement and achieving a sense of self-efficacy can only be possible by involvement in sports and trying luck. However, a player's role is also considered side by side with his performance (Baretta, Greco, & Steca, 2017).

The purpose of this study is to know how self-efficacy and sensation-seeking techniques will help to know about the probabilities of gain or loss in the situation of different levels of risk. An experiment was performed to check the performance of athletes while freediving. Number of participants was 129. Eighty-six sportsmen were involved in the lower-risk performance, while the remaining 43 took part in the performance in which high risk was found. Both types of free divers present their skills. However, the result shows that different things matter in these two

performances' success (Brouwers & Tomic, 2000). Nevertheless, the result demonstrated that lower-risk freediving result is predicted by freediving experience and freediving self-efficacy.

In contrast, high-risk performance result is predicted by freediving self-efficacy and sensation seeking. In high-risk freediving, self-efficacy and self-discipline represent two different predictors of results. Those sports become more nominating and are of high risk. Such high-risk games have also become very popular due to vast competition, commercial representations, and the transfer of video content and websites among people. The participant in high-risk injury should take responsibility for his severe injury or even death by considering it a part of that hectic activity (Luszczynska & Schwarzer, 2003). This courageous decision represents that the sportsman is composed of the following characters:

First of all, participants in freediving should have remarkable abilities and skills (in which physical, technical, and cerebral all are included) and then represent these skills to accommodate the challenges and rules of that high-risk freediving performance. Secondly, such sports in which a high proportion of risk is involved are composed of many features based on danger That can only be overcome by doing it repeatedly (Moynihan et al., 2003). In sports psychology, there has been a lot of discussion on the significance of self-efficacy in athletic success. "self-efficacy" refers to a person's confidence in their capacity to

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carry out particular actions or exhibit particular behaviors to produce desired results. Self-efficacy is critical in determining an athlete's performance and capacity to overcome obstacles in sports. Understanding the link between self-efficacy and athletic performance can help players better understand how their self-confidence affects their drive, perseverance, and, ultimately, their success in their chosen activity. According to research, an athlete's self-efficacy beliefs can significantly influence many performance-related factors. High self-efficacy athletes tend to set more demanding and exact objectives, put in consistent effort, and persevere in facing challenges. They have the confidence to overcome failures and see failures as chances for improvement. Additionally, self-efficacious athletes can better control their stress and performance anxiety, enabling them to perform at their peak, even under pressure. They actively seek opportunities for skill growth and raise their performance standards since they have such a strong sense of self-confidence in their talents.

However, an athlete's talents or abilities are not the only factors affecting self-efficacy. Several things, such as previous experiences, social influence, and emotional states, impact it. Sensitivity taking can only accommodate a person's involvement in highly risky sports and taking risks. These researches show that the participants of high-risk sports are composed of high levels of sensation seeking compared to the players who take part in lower-risk sports, non-risky groups, and the control team members. Members of high-risk groups also compose high levels of self-efficacy as they confidentially face everything, and on behalf of that confidence, they do the risky work successfully (Holahan & Holahan, 1987).

No doubt, self-efficacy of determinants of taking part in dangerous sports and taking risks have been studied deeply. Now also consider the performance of soccer in such sports. The functioning of soccer has been studied in various types of sports but not specifically in risky ones. While considering players' performance during sports, self-efficacy is of great significance. Various studies show that self-efficacy and performance in a sport are directly proportional (Burger & Samuel, 2017). Moreover, these also prove a strong witness that the level of self-efficacy is responsible for players' performance during a game.

The study chooses the topic of the performance of players in risky sports that is never discussed before, like competitive freediving. Free diving is a risky sport in which the diver has to hold his breath, and his face constantly interacts with the water. In the most recent studies, two disciplines of competitive freediving were studied. In Dynamic Freediving, the diver tries his best to cover major distances by moving horizontally under the water's surface;

no, they do not have swimming organs like fins found in fishes. This experiment is usually performed in huge swimming pools where risks found are of such type that surface and shallow water cause fainting. To hold own breath for a long time is extremely risky (Caprara et al., 2008; Salanova, Rodríguez-Sánchez, & Nielsen, 2022).

In Constant weight freediving, a depth is declared, and the diver has to cover that distance vertically with or without the aid of fins. In the performance, there should be no change in the player's weight. This experiment is performed in the water in an open area like a sea or lake. The major risks involved in the case of constant weight freediving are surface water and the water in the depth both cause fainting fits, risk of trauma in the middle ear, pulmonary edema can also happen, and, in the worst situation, death is also possible. This play is full of danger and risk. In the above two cases, different types of risks are associated with them. Dynamic freediving is considered a low-risk-bearing discipline, while constant weight freediving is considered high-risk. On behalf of the situation, the role of self-efficacy can be considered by formulating hypotheses. Self-efficacy can evaluate the performance of the player in both situations, whether dynamic freediving or constant weight freediving. It performs its role in both types of discipline no matter how much the level of risk is in any case. While the constant weight freediving depends is characterized by the presence of a high value of danger. Sensation seeks to perform its role in the evaluation of the output of the players in this highly endangered situation. Nevertheless, seeking sensation can do nothing if the dynamic freediving situation is prevalent. Mental preparation plays a crucial part in athletic performance. It encompasses numerous psychological aspects such as attention, concentration, confidence, resilience, motivation, and goal planning. Athletes must create a strong attitude, handle stress and anxiety, retain focus during competition, and develop efficient coping techniques to perform at their best under pressure. Structured training programs are vital for increasing sports performance. Training incorporates progressive overload, particular skill development, conditioning exercises, and periodization to optimize physical capabilities. Coaches and trainers construct training programs adapted to each athlete's requirements, considering criteria such as their sport, position, skills, limitations, and competition schedule. Proper nutrition and recovery methods are crucial for enhancing athletic performance. Athletes must consume a well-balanced diet, supply appropriate fuel for training and competition, and maximize hydration levels. Additionally, proper rest, sleep, and recovery techniques are important to allow the body to mend, adapt, and

prevent overuse injuries. Goal setting is vital for sports performance improvement. Athletes should develop precise, measurable, achievable, relevant, and time-bound (SMART) goals to guide their training and performance. Regular monitoring and evaluation of progress assist athletes in tracking their improvement, making adjustments, and keeping motivated. Having a strong support system is essential for sports performance. This includes coaches, trainers, teammates, family, and friends who give support, direction, and critical comments. Supportive surroundings help athletes grow and overcome hurdles along their path (Alivernini & Lucidi, 2011).

## **Research Objective**

The purpose of doing such a large number of studies is to discover self-efficacy's role in various situations. Self-efficacy can handle players' emotions during highly risky games and stabilize them. This confidence keeps them above, and they achieve outstanding success.

This research study is organized into five chapters, the first of which provides an introduction to self-efficacy and athletic performance. This section also discusses the research's goal. The second section is a review of the literature. The third section explains the study approach, which includes participants, tools, and methodologies. The fourth section contains the results and descriptions; the last section summarizes the whole research work and offers some recommendations on the subject.

## **Literature review**

Researchers claim that the level of self-efficacy in a person's behavior determines the degree to which he deviates from reality. The behavioral activities a person exhibits determine his physical performance. the ability of a person to respond to the environment and external as well as internal factors depends on his self-efficacy. In older dwellings, the level of self-efficacy determines their behavioral response toward their environment (Hayashi et al., 2023). Studies show that students' efficacy and its related effect on their physical education determines their behavioral response .for providing physical education to the students, it is necessary to provide self-efficacy based, education alongside the physical education .good self-efficacy profile of athletes help provides him getting better outcomes during the process acquiring of physical education (Hsu et al., 2023). studies predict that the strength perspective approach is used to implement self-efficacy features in athletes. This implementation helps to improve the retention factor among athletes (Jackson,

Harris, & Trauth, 2023). Studies elaborate that activity patterns have resulted in the self-efficacy factor. self-efficacy plays a role in improving the physical activity patterns of athletes. improving the physical activity patterns in women through self-efficacy enhancement holds great significance (Lavín-Pérez et al., 2023).studies claim that during the training session of athletes, most psychologist pays special attention to the cognitive and self-efficacy-based anxiety faced by athletes. By keeping track of these anxiety factors, sports coaches can identify the weak points of athletes. by working on these weak points, athletes' performance in sports improves (Mercader-Rubio et al., 2023). studies claim that technological advancement has resulted in the advancement of eco-innovation practices. eco innovation speeds up the process of eco performances by advancing creative self-efficacy (Miao, Iqbal, & Ayub, 2023). studies claim that athletes are provided with psychologically based skills for improving their sports performance. these skills polish their self-efficacy feature and improve their overall performance as an athlete (Park & Jeon, 2023). studies show that self-efficacy moderates athletes this effect helps improve the athlete's fitness through innovative methods. moreover, there is a relationship between self-efficacy and the use of innovative methods for fitness enhancement (Satjawathee et al., 2023). studies claim that the self-talking phenomenon greatly helps athletes improve their sports performance. self-talk helps the athlete overcome his choking behavior during interaction to confidently interact with other athletes during the game. furthermore, athletes face extreme pressure due to the game and choke while taking due to this game pressure. Self-talk builds confidence in athletes and helps tackle the anxiety they face while playing any sport. Some sports are entirely based on talking and interacting with athletes.in such sports, the athlete should have complete confidence while talking and interacting .this confidence is built in the athlete through self-talking strategies (Wu et al., 2022). studies reveal that athletes that suffer from sports injuries require a rehabilitation period to return to their game psychological factors greatly impact the process of rehabilitation and the mental health of athletes. self-efficacy is a physiological factor that is a person's ability to perform a task. for improving the rehabilitation process after a sports injury, the self-efficacy factor plays a critical role increased self-efficacy leads to an increase in overcoming the sport-related injuries that an athlete undergoes. Various health professionals suggest that special interventions are provided to athletes to improve their self-efficacy. the improved self-efficacy positively influences an athlete's health and helps him to recover speedily after injury

(Brinkman et al., 2019). Studies show that the self-efficacy of athletes is one of the most prominent physiological factors that determine athletic physical as well as cognitive behavior during any sports playing. the maintenance of an athlete's physical health depends upon his self-efficacy (Horcajo, Santos, & Higuero, 2022). Studies claim that the mindful sports performance of athletes depends on the skills training provided to athletes. Most psychological-based interventions are provided to athletes to improve their cognitive abilities and enhance their self-efficacy factor. studies claim that innovation of new technologies has revitalized physical activity and its related fields. the knowledge provided to athletes about physical activity is improved through technological innovations. education regarding physical activity builds confidence in athletes and improves their self-efficacy factor. improving confidence in athletes using technology-based intervention positively impacts athletes' games and provides positive sports performance outcomes. Studies claim that observational learning greatly affects an athlete's learning behavior as well as his self-efficacy. during sports competition situation self-efficacy of the athlete help him in enhancing his performance as well as his team members' performance. observational learning teaches the athletes about the essence of the game, which is more about learning through the game than thinking about winning or losing it. studies predict that building self-confidence in athletes makes them more confident and improves their communication skills. most of the athletes that are well-skilled in their game lack self-confidence. the lack of self-confidence affects the game-playing strategy of the athlete. athlete performance and confidence are related to each other, and improving an athlete's confidence embraces his game-playing mechanism. Studies claim that male and female university students that play various sports have different self-efficacy abilities. the performance of these students in gymnasium sports is based on their self-efficacy. Various research studies by several scholars claim that female gymnastics have a higher level of self-efficacy than males. this self-efficacy allows them to perform better in sports. Studies elaborate that various factors provide information about the psychological state of athletes. these factors include stress and anxiety. the anxiety faced by athletes due to game pressure disturbs their mental health. mood changes are observed in many athletes due to continuous changes in their rank during the game. these mood changes and psychological factors are overcome by providing mindfulness intervention-based self-efficacy therapies to athletes. studies suggest that the coach and athlete relationship determines the athlete's performance in sports. coaches help athletes in building self-confidence

and overcome stress and anxiety due to game pressure. the coach provides aid to the athlete in improving athlete self-efficacy by providing proper counseling-based intervention to athletes. Studies explain that Esports help athletes build self-confidence and overcome their anxiety due to sports competition. scholars highlight that family support improves the self-efficacy factor of athletes and helps them overcome anxiety through mindfulness interventions. scholars suggest that self-efficacy provides aid to disabled athletes and helps them tackle all the challenges they face while playing any sport.

## Self-Efficacy

Self-efficacy plays a key part in sports performance. It relates to an individual's conviction to effectively do specified activities or accomplish desired goals in a given discipline, such as sports. Self-efficacy directly affects an athlete's motivation, conduct, and overall performance. Here are some significant ways self-efficacy affects sports performance: Self-efficacy increases an athlete's drive to engage in sports-related activities. Individuals with strong self-efficacy in athletics are more likely to set ambitious objectives, persist in the face of challenges, and display higher effort and dedication to their training and performance. They feel that their efforts will lead to successful outcomes, strengthening their drive and resolve. Self-efficacy is intimately tied to goal setting in sports (Paredes et al., 2021).

Athletes with strong self-efficacy are more likely to establish ambitious but realistic objectives for themselves. They believe in their ability to reach those goals through their talents, effort, and tenacity. Such individuals are more likely to develop specific, measurable, achievable, relevant, and time-bound (SMART) goals, which give a clear path for their performance improvement. The third one is Self-efficacy strongly improves an athlete's belief in their own skills. Athletes with high self-efficacy are more confident in their talents, tactics, and overall performance possibilities. This confidence significantly improves their performance by lowering worry, boosting attention, and helping them to perform at their best under pressure. Individuals with high self-efficacy in athletics are more inclined to put in greater effort and endure in the face of obstacles and losses. They perceive hurdles and setbacks as chances for learning and progress rather than as signs of their incompetence. This resilience and commitment lead to long-term success and sustained performance. Self-efficacy increases an athlete's expectations regarding their performance. Athletes with strong self-efficacy set higher performance expectations and think they can attain them. They have a strong internal

belief system that they possess the required talents and qualities to achieve. These higher expectations can favorably affect their performance by encouraging them to work harder and strive for greatness. Self-efficacy also has a substantial influence on an athlete's psychological well-being. Individuals with strong self-efficacy tend to have reduced worry, tension, and self-doubt levels. They have a more optimistic attitude, experience a larger sense of control over their performance, and demonstrate higher levels of general psychological well-being (Doyle, 2019).

### Sports performance

Sports performance refers to an individual's ability to excel in a sport or athletic activity. It incorporates variables such as physical fitness, technical ability, tactical understanding, mental preparation, and overall execution during competitive events. Achieving peak sports performance frequently needs a mix of physical ability, mental fortitude, and efficient training tactics. Here are some significant aspects that contribute to athletic performance:

1. **Physical Fitness:** Physical fitness is a core sports performance factor. It contains cardiovascular endurance, muscular strength, power, agility, flexibility, and coordination. Athletes must acquire and maintain a high degree of fitness appropriate to their sport to fulfill the physical demands and perform motions successfully.
2. **Technical Skills:** Technical skills are distinctive to each sport and comprise the knowledge of fundamental motions, methods, and tactics. Athletes must learn expertise in skills such as throwing, kicking, striking, shooting, or particular motions necessary in their sport. Continuous practice, refining, and advancement of technical abilities are important for high-performance levels.
3. **Tactical Knowledge:** Sports performance also relies on tactical knowledge and decision-making ability. Athletes must comprehend the strategies, game plans, and tactics related to their sport. This involves identifying patterns, making rapid and effective judgments, predicting opponents' behaviors, and changing strategy during competitive circumstances.
4. **Competitive Experience:** Gaining competitive experience is beneficial for sports performance. Participating in practice matches, scrimmages, tournaments, and competitive events allows the opportunity to apply skills, adjust to diverse conditions, and learn from both triumphs and mistakes.
5. **Constant Learning and Improvement:** Sports performance is a constant learning process. Athletes should be receptive to comments, seek education, and accept possibilities for development. Staying up to speed with improvements in training techniques and sports science and implementing new ideas can lead to increased performance.

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
self-efficacy-1	85	1.00	3.00	1.3765	.53400
self-efficacy-2	85	1.00	4.00	1.6353	.76915
self-efficacy-3	85	1.00	3.00	1.4941	.59007
self-efficacy-4	85	1.00	4.00	1.5529	.71557
sport performance-1	85	1.00	3.00	1.3765	.51122
sport performance-2	85	1.00	3.00	1.9529	.73850
sport performance-3	85	1.00	3.00	1.7412	.70968
sport performance-4	85	1.00	4.00	1.6235	.73963
Valid N (listwise)	85				

The above result presents that descriptive statistic analysis results describe the minimum values and maximum values and also that present mean values and standard deviation rates of each independent and dependent variable. The overall minimum value is 1.000, and the maximum value is 4.000, respectively. Self-efficacy is an independent variable. Its present mean values are 1.3765, 1.6353, 1.4941, and 1.5529, showing the positive average value of the mean. According to the result, its standard deviation rate is 53%, 76%, 59%, and 71%, respectively, showing that positive deviation from the mean. Sports performance is the main dependent variable. According to the result. Its

shows that average values are 1.37, 1.95, 1.74, and 1.623, which presents positive average values. The standard deviation rates of dependent variables are 73%, and 70%, respectively. This result presents 85% observation for the analysis of the role of self-efficacy in sports performance. Self-efficacy is a psychological term proposed by Albert Bandura, a notable psychologist. It refers to an individual's conviction in their own capacity to effectively execute specified activities, accomplish goals, and overcome problems in numerous spheres of life. Self-efficacy beliefs have a major role in motivation, behavior, and accomplishment.

Coefficients						
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	
	B	Std. Error	Beta			
	(Constant)	2.028	.246		8.230	.000
1	self-efficacy-1	-.123	.103	-.129	-1.203	.233
	self-efficacy-2	-.154	.075	-.231	-2.053	.043
	self-efficacy-3	-.002	.092	-.002	-.023	.981
	self-efficacy-4	-.147	.079	-.205	-1.847	.068

a. Dependent Variable: sport performance-1

The result describes that coefficient analysis results present unstandardized and standardized coefficient values, including beta and standard error. The result represents the T statistic values and significant values of each independent variable. The beta values related to the unstandardized are 2.028, -0.123, -0.154, -0.002, and -

0.147, respectively. According to the result, its t-statistic values are -1.203, -2.053, -0.023, and -1.847, showing that negative link between self-efficacy and sports performance. Results present that significant values are 0.233, 0.043, and 0.068, representing 4%, 6%, and 23% significant levels between self-efficacy and sports performance.

ANOVA <sup>a</sup>						
Model	Sum of Squares	df	Mean Square	F	Sig.	
1	Regression	2.959	4	.740	3.116	.020 <sup>b</sup>
	Residual	18.994	80	.237		
	Total	21.953	84			

a. Dependent Variable: sport performance-1

b. Predictors: (Constant), self-efficacy-4, self-efficacy-1, self-efficacy-3, self-efficacy-2

The above result represents that ANOVA analysis of each model, the regression and residual these are two models of linear analysis. The result presents the sum of square values, mean square values, also, the rate of F statistic, and significant values of each model. The sum of square values is 2.959, 18.994, and 21.953. The mean square values are 0.740, 0.237. according to the result, the F statistic value is 3.116, and the significant value is 0.020, showing the positive and 2% significant value of each regression model. Here are some crucial elements of self-efficacy:

1. Belief in Personal Competence: Self-efficacy is about the belief in one's own competence to effectively execute tasks and accomplish desired outcomes. It is not a measure of real talents or abilities but rather an individual's impression of their ability.

2. Domain-Specific Nature: Self-efficacy is domain-specific, meaning it can vary across different aspects of life. For example, a person may have high self-efficacy in athletics but poor self-efficacy in public speaking. The views and confidence in one area may not always translate to another.

3. Sources of Self-Efficacy: Self-efficacy beliefs are impacted by four key sources:

a. Mastery Experiences: Past accomplishments and achievements in similar activities or conditions add to an individual's self-efficacy. Successfully conquering problems

and attaining goals promotes confidence and strengthens the conviction in one's potential.

b. Vicarious Learning: Observing others who are successful in comparable activities might boost self-efficacy. When people witness others like themselves achieving, it might boost their belief that they can also attain comparable accomplishments.

c. Social Persuasion: Encouragement, support, and feedback from others, such as coaches, mentors, or peers, can affect self-efficacy. Positive and constructive comments can build confidence, whereas negative feedback or lack of support might reduce it.

d. Emotional and Physiological conditions: Individuals' emotional and physiological conditions, such as stress, worry, or physical tiredness, might impact self-efficacy. High levels of stress or worry can decrease confidence, whereas controlling these feelings efficiently can boost self-efficacy.

4. Impact on Motivation and Behavior: Self-efficacy substantially impacts motivation, goal setting, effort, persistence, and resilience. Individuals with strong self-efficacy are more likely to establish hard objectives, put in persistent effort, persevere in the face of hurdles, and bounce back from setbacks.

5. Self-Fulfilling Prophecy: Self-efficacy beliefs can become self-fulfilling prophecies. If an individual feels they have the

talents and capacities to succeed, they are more likely to take on tough projects, put in the requisite work, and endure until they achieve success. On the other side, poor self-efficacy can lead to self-doubt, avoidance of obstacles, and less effort, eventually impeding performance and accomplishment.

6. Development and Enhancement: Self-efficacy is not

fixed and may be developed and strengthened. Through focused practice, acquiring new abilities, building on prior accomplishments, and experiencing good experiences, individuals can enhance their self-efficacy beliefs. Strategies like visualization, positive self-talk, and setting reasonable objectives can also help to self-efficacy development.

Component	Total Variance Explained					
	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	2.077	25.957	25.957	2.077	25.957	25.957
2	1.289	16.112	42.069	1.289	16.112	42.069
3	1.149	14.361	56.429	1.149	14.361	56.429
4	.922	11.522	67.951			
5	.832	10.398	78.349			
6	.802	10.020	88.370			
7	.550	6.875	95.245			
8	.380	4.755	100.000			

Extraction Method: Principal Component Analysis.

The above result describes the total variance explained values of each component. The result represents the initial eigenvalues and sums of squared values. The % of variance shows that 25.957, 16.112, 14.361, 11.522, 10.398 all values

present that positive variance of each component. Similarly, the extraction sums of square values of variance and cumulative are 25.957, 16.112, and 14.361. Its cumulative percentage values are 25.957, 42.069, and 56.429, respectively.

	Communalities	
	Initial	Extraction
self-efficacy-1	1.000	.738
self-efficacy-2	1.000	.670
self-efficacy-3	1.000	.479
self-efficacy-4	1.000	.660
sport performance-1	1.000	.404
sport performance-2	1.000	.451
sport performance-3	1.000	.753
sport performance-4	1.000	.360

Extraction Method: Principal Component Analysis.

The above result represents that the communalities analysis result describes the initial values and extraction values of independent and dependent variables. The initial values are 1.000, and extraction values of self-efficacy are 0.738, 0.670, 0.479, and 0.660, showing that 73%, 67%, 47%, and 66%, respectively. Similarly, sport psychology represents that extraction values are 40%, 45%, 75%, and 36% showing positive extraction rates between them.

## Conclusion

In essence, self-efficacy is a conviction in one's own competence and ability to achieve in certain activities or areas. It has major consequences for motivation, conduct, and accomplishment and may be nurtured and enhanced via numerous experiences and tactics. Ultimately, sports

performance is a multifaceted topic that demands a comprehensive approach. Balancing physical preparation, technical skill, mental resilience, and efficient training tactics may help players attain their maximum potential and achieve optimal performance in their chosen activity. It is important that self-efficacy is not a fixed trait but can be developed and enhanced through various strategies, such as mastery experiences (successfully completing challenging tasks), vicarious experiences (observing others' successes), social persuasion (encouragement and positive feedback), and physiological and emotional states (managing arousal levels). By concentrating on creating and strengthening self-efficacy, athletes may improve their performance and realize their maximum potential in sports. According to the study's findings, athletic self-efficacy and athletic perfectionist are key determinants of

Gazi University's athletic students' athletic success. As a result, when their athletic self-efficacy and perfectionism increase, student-athletes perform better on the field. As a result, in addition to the physical and technical conditions of the players, coaches and managers of university sports should pay great attention to the psychological and personal qualities of the players, notably markers of perfectionism and athletic self-efficacy. Consequently, in addition to the physical and technical conditions of the players, instructors, and administrators of university sports should pay special attention to the psychological and personal qualities of the players, notably indices of perfectionism and athletic self-efficacy. To attain the highest athletic performance in the minimum amount of time, student-athletes are advised to adjust their training objectives and plans in collaboration with their team instructors and psychological counselors. To recapitulate, self-efficacy is critical for athletic success. Players with high self-efficacy are more likely to set ambitious objectives, exert constant effort, and persevere in adversity. They are

more inclined to recover from setbacks and see disasters as opportunities for improvement. Additionally, those with high self-efficacy are better at controlling their stress and performance anxiety, which helps them perform better under pressure. They pay attention to opportunities to expand their skills and hold themselves to higher standards of performance. An athlete's sense of self-efficacy is also influenced by their coaches, teammates, and surroundings in general. A friendly and upbeat environment can help athletes achieve and sustain high levels of self-efficacy, eventually improving their performance in sports. Recognize the study's limitations, such as the possibility of self-report bias or the particular sports and environments examined. Make suggestions for future studies, such as examining methods to increase self-efficacy and the impact of coaching or social support techniques on self-efficacy beliefs. Researchers can better understand the link between self-efficacy and sports performance and its implications for athletes' growth and success using a thorough methodology, including qualitative and quantitative methods.

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