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Preparatory and Performance Self-Efficacy in Athletes

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Background
- Assessing the self-efficacy of athletes before and after they complete two spatial tasks
- What is driving the relationship between athletes goal-directed behavior?
- Assessing whether or not competition will affect the relationship.
- Based on Bandura’s (1977) theorized relationship between people, their behavior, and ensuing outcome.
- People will base their current performance and expectations on a selection of variables from past events.
- Three types of self-efficacy assessed: General, Preparatory, and Performance.
- Examined gender to see if this affected a person’s general self-efficacy.

Method
- 108 participants take General, preparatory, and performance self-efficacy questionnaires.
- Complete two spatial tasks.
- Two Conditions: Competitive and noncompetitive.

Anticipated Results
1. Presence of a curvilinear relationship between preparatory self-efficacy and personal agency before the spatial tasks assessed by a polynomial regression.
3. No difference in preparatory and performance self-efficacy before or after spatial tasks assessed by a polynomial regression.
4. Across both groups, there will be a gender difference between participants assessed by an independent groups t-test.

References

Hypotheses
1. There will be a curvilinear relationship between preparatory self-efficacy and personal agency before two spatial tasks.

2. After completing spatial tasks, there will be a linear relationship between scores on self-confidence and performance on the spatial tasks.

3. There will be a curvilinear relationship between preparatory self-efficacy and personal agency prior to the spatial tasks. After completing the tasks, there will still be a curvilinear relationship between performance self-efficacy and performance on spatial tasks.

4. Male athletes will report higher self-efficacy than female athletes.