

Preparatory and Performance Self-Efficacy in Athletes

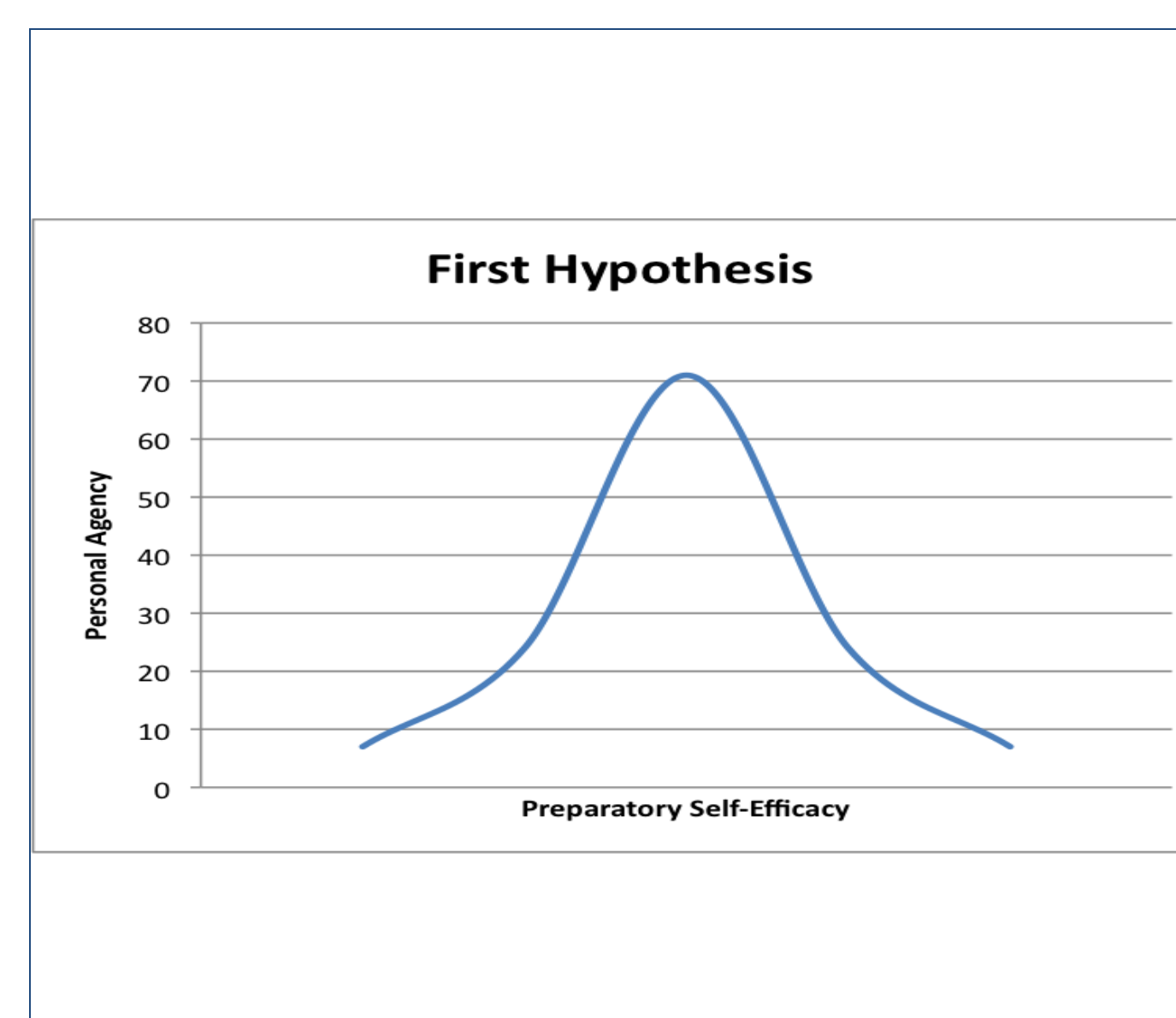
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Background

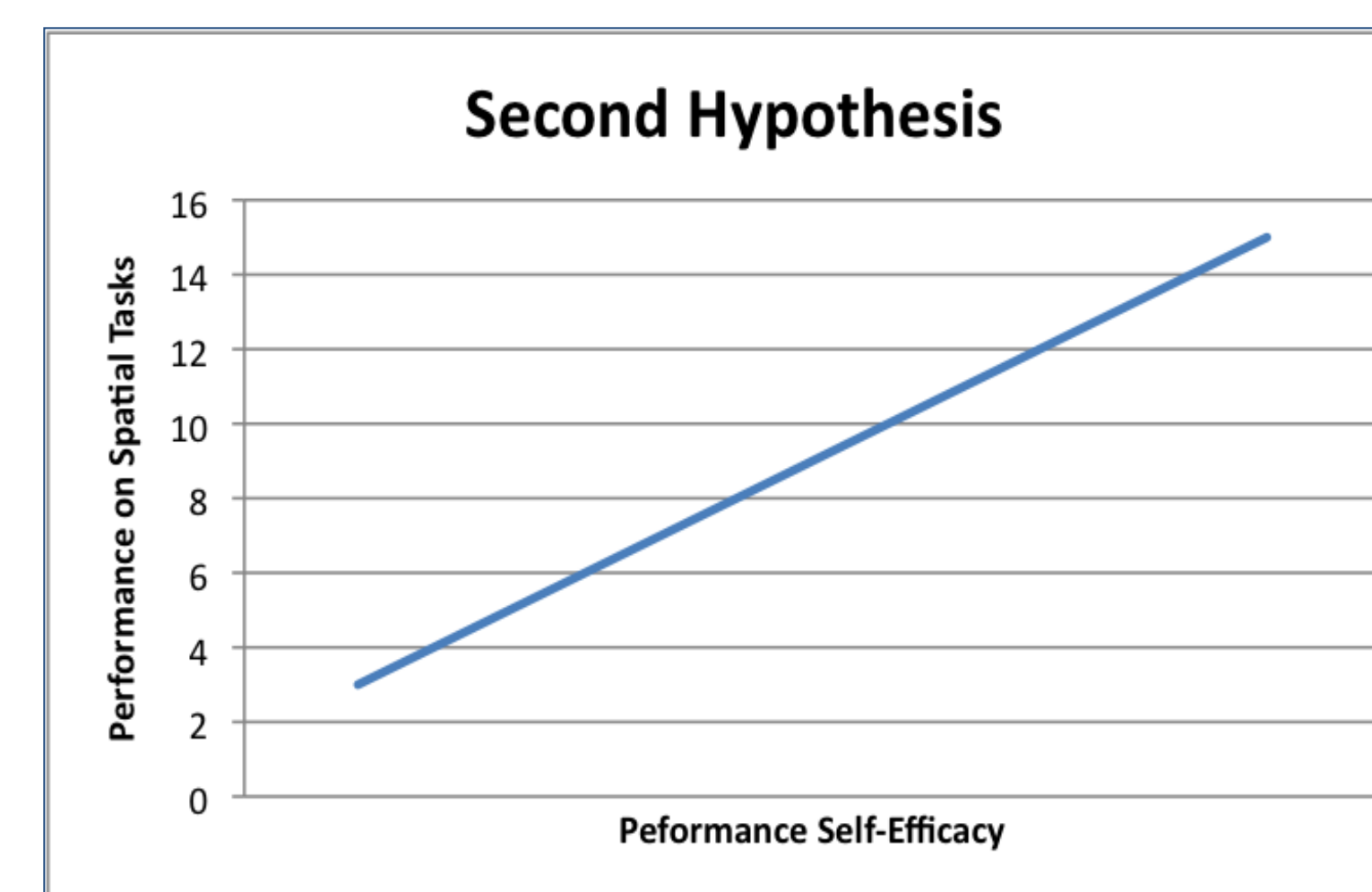
- Assessing the self-efficacy of athletes before and after they complete two spatial tasks
- What is driving the relationship between athletes goal-directed behavior?
- Assessing whether or not competition will affect the relationship.
- Based on Bandura's (1977) theorized relationship between people, 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

Hypotheses

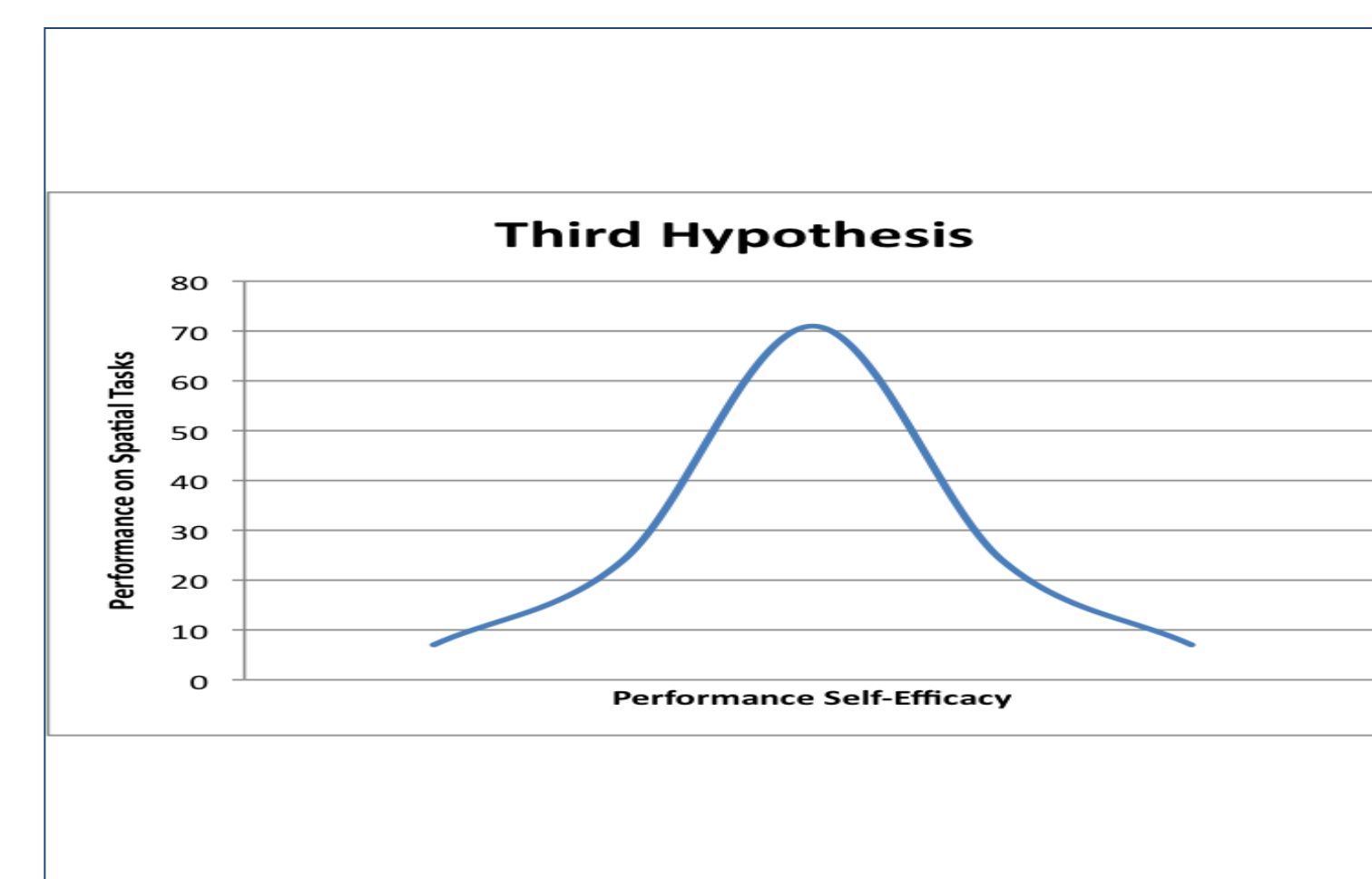
1. There will be a curvilinear relationship between preparatory self-efficacy and personal agency before two spatial tasks.



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.

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
2. Presence of a linear relationship between performance self-efficacy and performance on the spatial tasks after completing the tasks assessed by a linear 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

Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.

Bandura, A. (1997). *Self-efficacy: The exercise of control*. Macmillan.