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.

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
