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## The Evaluation of Self-Efficacy and Collective Efficacy Beliefs in Handball in Terms Of Gender

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### Abstract

The purpose of this research is evaluate of self-efficacy and collective efficacy beliefs in handball in terms of gender. 54 male athletes (Age,  $\bar{X}$  : 26.78  $\pm$  6.87), 58 female athletes (Age,  $\bar{X}$  : 20.84  $\pm$  5.33) participated the study. Data were collected by SES and CES scales. Data analyzed by independent sample T test. After analysis no significant differences between self-efficacy ( $p > .05$ ) and collective efficacy ( $p > .05$ ) beliefs of in terms of gender. In the conclusion of this research which the differences of self and collective efficacy beliefs of male and female athletes are inspected, it is obtained that there is no difference of self-efficacy and collective efficacy for two genders in handball.

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*Keywords:* Self efficacy; Collective efficacy; Handball

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### 1. Introduction

Handball is one of the most popular sports in whole world. To reach higher level of the latter in such popular sport, there must be some physical, technical, tactical and also psychological abilities of the person. One of the psychological abilities is efficacy belief. According to Bandura's Self-Efficacy theory, people act in effect of their abilities when they experience a new situation but they want to stay themselves away from tasks that force their ability into stress (Bandura, 1977). Self-Efficacy defines self-confidence of someone who does an activity in a specific environment. Ability, desire and efficacy that are exerted for a mission determines the effort it is needed, the resistance that is shown and the result that is acquired (Lee, 1988). Bandura defines that self-efficacy is shaped by information that is collected from 4 resources. First and the most important one is self-superiority. People

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improve their self-efficacy beliefs by successful or unsuccessful results at the end of a mission (Wann, 1997). Modeling is second source of Bandura's social learning approach. Bandura (1982) defines that, influential and talented models lead observers to be able to overcome different and harder situations and observers take this strategic information to utilize it for developing their efficacy beliefs (Wann, 1997). Another resource which helps to the development of the efficacy beliefs is effective social communication. Positive or negative feedbacks about person's own abilities and efficacies cause his/her self-efficacy becomes stronger or weaker. In addition to this, it is also effective to make the efficacy belief growth in some cases which are perceived as honest, talented and attractive by the person (Wann, 1997). At last, person interprets his/her own efficacy within physiological and psychological mood. According to Lan and Gill, psychological structure of the person shapes his/her decisions, and being in a positive mood decreases self-efficacy level (Feltz and his colleagues, 2008). According to Bandura, being in a positive or negative mood determines how to analyze his/her own physical and emotional reaction (Bandura, 1982) Generally collective efficacy is explained as to reach specific performance level of members of a group, or to have the needed capacity of belief to be able to conclude a specific goal with group members. Group members have the collective-efficacy of group just after they each have the self-efficacy belief (Bandura, 1986, 1995; Wood and Bandura, 1989). One of the Lirgg's study which has been published in *Journal of Sport and Exercise Psychology* (1991), sport types have different effects on female and male gender with respect to the type (feminine or masculine). If all off above have taken into account, aim of this is to compare self-efficacy and collective-efficacy beliefs between two genders.

## 2. Method

### 2.1. Participants

Total of 112 handball players from 8 different teams which 4 of them are from Turkish Handball Super League Men Category of 54 male players (Age,  $\bar{X}$  : 26.78  $\pm$  6.87), other 4 team teams are from Turkish Handball Super League Women Category of 58 women players (Age,  $\bar{X}$  : 20.84  $\pm$  5.33) are involved in this study.

### 2.2 Instruments

Two instruments were used in this study:

- Self-Efficacy Scale (SES): The scale has 10 items to determine of belief of participants' own capacity. Participants are analyzed with solving 5 levels Likert type test to be understood how they agreed or disagreed.
- Collective Efficacy Scale (CES): Collective Efficacy scale (CES) quantifies belief of person to his/her group's capacity of quality. Collective Efficacy scale totally has 7 items. Participants are analyzed with solving 5 levels Likert type test to be understood how they agreed or disagreed.

## 3. Results

### 3.1 Descriptive Statistics

Descriptive statistical appliances and T test is used to analyze data of research. Tests solved by participants before their exercise in sports hall. There were no time limit and it was pointed out to ask if there was a misunderstood question and test was explained detailed to have the exact measurements.

Table.1 Descriptive statistical table of woman and man handball players' self-efficacy and collective efficacy belief points.

	Group	mean	Ss	N
Self-Efficacy	Man	34.63	5.20	54
	Woman	35.62	5.74	58
Collective Efficacy	Man	24,35	4.28	54
	Woman	24,03	4.59	58

Table.2 T test table of woman and man handball players' self-efficacy and collective efficacy belief points.

	Group	N	Mean	Ss	Sd	t	P
Self-Efficacy	Man	54	34.63	5.20	1	.954	.342
	Woman	58	35.62	5.74			
Collective Efficacy	Man	54	24,35	4.28		.377	.707
	Woman	58	24,03	4.59	111		

See Table.2 that there is no observable difference between man and woman handball players' self-efficacy beliefs ( $t=.954$ ;  $p>0.05$ ) and collective efficacy beliefs ( $t=.377$ ;  $p>0.05$ ).

#### 4. Discussion

In this study which aimed to determine about self-efficacy and collective efficacy beliefs of two genders in handball, these two beliefs have no meaningful difference between two genders statistically. Stereotypical character ought to be researched at this point. Die and Holt (1989) express that, there are very rare differences of efficacy belief and masculine (e.g. competitive, ambitious, logical) specifications between two genders of university students in very early beginnings of university. After Feltz (1988) had worked with high school students who do backstroke diving, he verified that there are not any differences of self-efficacy beliefs between two genders. With respect to all these studies above, they support our results. In addition to this, our study has the qualification that can support future researches. In conclusion, male and female handball players have no difference in terms of self-efficacy and collective-efficacy beliefs.

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