



Voleybol Oyuncularının Genel Öz-Yeterlilik İnançları

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Özet

Kendine güven, becerileriniz ve yetenekleriniz hakkında bir tutumdur. Bu, kendinizi kabul ettiğiniz, kendinize güvendiğiniz ve hayatınızda kontrol hissine sahip olduğunuz anlamına gelir. Güçlü ve zayıf yönlerinizi iyi biliyorsunuz ve kendinize olumlu bir bakış açısına sahipsiniz. Bu çalışmanın amacı voleybol oyuncularının cinsiyetine, yaşına, spor yaşına, oynadığı mevkiye, oynadığı liglere göre öz yeterlilik inançlarının arasında anlamlı bir fark olup olmadığını incelemektir. Aynı zamanda da voleybolcuların öz yeterlilik inanç seviyelerini belirlemektir. Araştırma grubunu Türkiye' nin farklı illerinde bulunan kulüplerden gönüllü 35 voleybol oyuncusu oluşturmaktadır. Çalışmamızda veri toplama aracı olarak 2010 yılında Aypay ve İlhan tarafından Türk kültürüne uyarlanan Genel Öz Yeterlilik Ölçeği (GÖYÖ) kullanılmıştır. Nicel veriler 2016-2017 sezonunda toplanmıştır. Verilerin analizinde Kruskal Wallis H-Testi kullanılmıştır. Araştırmanın sonucunda voleybolcuların genel öz yeterlilik seviyelerinin orta seviye de olduğu bulunmuş olup, cinsiyet, yaş, spor yaşı, oynadıkları mevki, oynadıkları lig değişkenleri arasında anlamlı bir fark olmadığı belirlenmiştir. Öz yeterliliğin gelişmesini sağlayan dört temel kaynak vardır; Bunlar Performans Başarıları, Dolaylı Yaşantılar, Sözel İkna ve Fizyolojik ve Duygusal Durumlar'dır. Performans başarıları, öz yeterliliğin gelişmesinde en etkili kaynağıdır, yani bireyin doğrudan kendi başarılı veya başarısız deneyimleridir.

Anahtar kelimeler: Voleybol Oyuncuları, Genel Öz Yeterlilik, Öz Yeterlilik İnançları, Spor, Sporcu

General Self-Efficacy Beliefs of Volleyball Players

Abstract

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. The aim of this study is to examine whether there is a significant difference between the self-efficacy beliefs of volleyball players according to their gender, age, sports age, the position they play, and the leagues they play. At the same time, it is to determine the self-efficacy belief levels of volleyball players. The research group consists of 35 volunteer volleyball players from clubs in different cities of Turkey. The General Self-Efficacy Scale (GÖYÖ), which was adapted to Turkish culture by Aypay and İlhan in 2010, was used as a data collection tool in our study. Quantitative data were collected in the 2016-2017 season. Kruskal Wallis H-Test was used to analyze the data. As a result of the research, it was found that the general self-efficacy levels of the volleyball players were at a moderate level, and it was determined that there was no significant difference between the variables of gender, age, sports age, the position they played, and the league they played. There are four basic sources that enable the development of self-efficacy; These are Performance Achievements, Indirect Experiences, Verbal Persuasion, and Physiological and Emotional States. Performance achievements are the most effective source of self-efficacy, that is, the individual's direct successful or unsuccessful experiences.

Keywords: Volleyball Players, General Self-Efficacy, Self-Efficacy Belief, Sports, Athlete

INTRODUCTION

One of the variables that have started to be emphasized in recent years regarding the motivation and performance levels of the groups is the perception of self-efficacy. Self-efficacy is the individual's self-judgment about his capacity to organize the necessary activities to demonstrate a certain achievement and to be successful (Bandura, 1977).

Human behavior is based on people's belief in what is right rather than what is actually right, and self-efficacy beliefs affect people's behavior (Kurbanoğlu, 2004). Self-efficacy belief affects the goals that people set for themselves, how much time they spend to achieve these goals, how long they can face the difficulties they encounter, and their reactions to failure (Bıkmaz, 2004).

There are 4 main sources of self-efficacy belief. These; performance achievements, experiences of others, verbal persuasion, and emotional state (Bandura, 1977)

1- Performance Achievements:

The success of the individual in the works he undertakes is an indication that he will be successful in similar works later on. In other words, the success experienced has a reward effect and motivates the individual towards similar works in the future (Yılmaz & Köseoğlu, 2004). Successes increase with expectations, repeated failures and setbacks decrease success (Bandura, 1977). However, if the individual has a strong belief in efficacy, the experiences of failure may not cause much harm on the perceptions of efficacy (Bandura, 1994).

2-Experiences of Others:

Other people's experiences derive their source from relationships with other people and are less informative than performance achievements (Say, 2005). In addition to their own experiences, individuals try to form efficacy beliefs through modeling. Observing the success of people similar to them in terms of different characteristics leads to the development of the belief that they can be successful themselves (Wood & Bandura, 1989).

3-Verbal Persuasion:

Encouraging the individual with encouragement and advice that a behavior can be done successfully can cause changes in self-efficacy expectations (Bandura, 1977).

In order to strengthen the self-efficacy beliefs of individuals through effective social communication, the feedback given should be realistic. Thus, the individual will be more encouraged and will spend more effort to be successful. However, it is easier to damage individuals' efficacy beliefs through effective social communication than to increase them (Wood & Bandura, 1989).

4-Emotional Status:

The individual's physical and emotional well-being at the time of engaging in the behavior increases the probability of attempting (Yılmaz & Köseoğlu, 2004). Kavanagh and Bower (1985) stated that the psychological structure of the person affects their self-efficacy. While having a positive temperament increases the perception of self-efficacy, being with a negative temperament may weaken the perception of self-efficacy (Cited by Kesgin, 2006).

According to Bandura, personality perception, family, circle of friends, school, experiences, maturity and past experiences affect the development of an individual's self-efficacy perception. Self-efficacy perception has four effects on the individual. These four effects can be explained as cognitive process, motivation, coping with negativities and selection process. In other words, individuals with high self-efficacy have higher goals and higher motivation.

In this study, the main purpose of investigating the general self-efficacy of volleyball players is the idea that the performance of the athletes will be at a better point if their general self-efficacy is high. While keeping the athletes' own (individual) self-efficacy high separately, a very good performance can be shown as a team by doing this as a team in the game. In this approach, a coach with a high level of general self-efficacy will be a role model.

When the literature on the subject is examined, it is possible to say that self-efficacy is effective in the formation, maintenance, effort, generalization and permanence of coping behavior (Aypay, 2010).

In another study, it is seen that general self-efficacy is related to the competence of individuals to cope with stressful situations in a wide and stable manner (Luszczynska, Scholz & Schwarzer, 2005).

Considering the above research findings, it is aimed to determine the general self-efficacy beliefs of volleyball players and to determine whether self-efficacy differs according to volleyball leagues (1, 2, 3 and regional leagues) and position. In line with these purposes, answers to the following questions are sought.

1-What is the level of general self-efficacy beliefs of volleyball players?

2-Is there a significant difference between volleyball players' self-efficacy beliefs according to positions, leagues, gender and sports age?

METHOD

Research Group

The study group of the research consists of volunteer volleyball players (n=35) from different clubs in Turkey who play volleyball actively in the 2016-2017 season. When the distribution of volleyball players in the study group by gender is examined, it is seen that 57.1% (n=20) are female and 42.9% (n=15) are male. In terms of age category, 42.9% (n=15) were between 18-22 years old, 34.3% (n=12) were 23-27 years old, 14.3% (n= 5) were 28- 32 years old, 5.7% (n=2) 33-37 years old, 2.9% (n=1) 38-42 years old. When the sports ages of the athletes who filled out the questionnaire were examined in the study, 45.7% (n=16) 6-10 years, 40.0% (n=14) 11-20 years, 14.3% (n=5) Appears to be 21 and above. In terms of location; 60.0% (n=21) spikers, 20.0% (n=7) setters, 3.7% (n=2) cross setters, 14.3% (n=5) liberos He plays in the position. Looking at the leagues; 37.1% (n=13) 1st League, 17.1% (n=6) 2nd League, 8.6% (n=3) 3rd League, 37.1% i (n=13) it is seen that it is played in the regional league.

Table 1. Descriptive statistics on the personal characteristics of the participants

Variables	Categories	n	%
Gender	Female	20	57.1
	Male	15	42.9
Age	18-22 y.o.	15	42.9
	23-27 y.o.	12	34.9
	28-32 y.o.	5	14.3
	33-37 y.o.	2	5.7
	38-42 y.o.	1	2.9
Sport Age	6-10 y.	16	45.7
	11-20 y.	14	40.0
	21 y. Plus	5	14.3
Position	Spiker	21	60.0
	Setter	7	40.0
	Opposite Setter	2	3.7
	Libero	5	14.3
League	1. League	13	37.1
	2. League	6	17.1
	3. League	3	8.6
	Regional league	13	37.1

Data Collection Tools

In our study, the Turkish form of the General Self-Efficacy Scale adapted to Turkish by (Yıldırım & İlhan, 2010) was used to measure the self-efficacy levels of volleyball players.

General Self-Efficacy Scale

The original 23-item form of the scale was developed by Sherer et al. (1982). The original scale revealed a two-factor structure: General Self-efficacy (explained variance 26.5%, Cronbach's alpha = 0.86) and Social Self-efficacy (explained variance 8.5%, Cronbach alpha = 0.71). Since the items loaded on the first factor did not indicate a specific behavioral area, it was stated that the title of "General Self-efficacy" was deemed appropriate for this factor. The Social Self-efficacy factor reflects expectations of competence in social situations. The original 14-point scale was later converted to a five-point Likert-type scale (Sherer & Adams 1983).

In this study, the scale's "How well does it describe you?" It was used in its Likert format, in which answers ranging from "never" to "very well" can be given in five grades. The score of each question varies between 1-5. Items 2, 4, 5, 6, 7, 10, 11, 12, 14, 16 and 17 in the scale are reverse scored. The total score of the scale can vary between 17-85; The higher the score, the higher the self-efficacy belief.

The scale suggests a three-factor structure. The first factor can be discussed under the headings of 'Beginning', the second factor 'Don't give up' and the third factor 'Continuing Effort-Persistence'. Turkish validity and reliability study was carried out by Yıldırım and İlhan (2010). It was preferred to work on the 17-item General Self-Efficacy Scale (Magdetta & Oliver 1999), which is widely used in the study.

Analysis of Data

The general self-efficacy scale consisting of 17 items was applied to the volleyball players by the researcher at the stage of obtaining the data in the research. The results were analyzed using the SPSS 16.0 program. Kruskal Wallis H test was applied to find the difference between the variables. Significance levels were taken as 0.01 and 0.05 in the study.

FINDINGS

In order to measure the self-efficacy belief levels of volleyball players, a self-efficacy scale was applied to the players playing in different clubs.

Table 2. Descriptive statistics of self-efficacy beliefs of volleyball players

Total X	Max	Min
40.37	56.06	34.06

When the general self-efficacy results of the volleyball players are examined in Table 2, it is seen that the average= 40.37 on the scale with a score range of 17-85. According to this result, the general self-efficacy beliefs of the volleyball players are at a moderate level. In the analysis, it is seen that the maximum value taken from the scale is 56.06 and the minimum value is 34.06.

Table 3. Differences in self-efficacy beliefs of volleyball players by gender

Gender	(N)	\bar{x}	Max	Min
Kadın	20	41.05	56.06	36.18
Erkek	15	40.68	45.12	34.06

In Table 3, the general self-efficacy differences of volleyball players by gender are given. When Table 3 is examined, it is seen that female volleyball players have a higher self-efficacy beliefs than male volleyball players.

Table 4. Kruskal Wallis H Test results on self-efficacy beliefs of volleyball players according to age groups

Age	(N)	\bar{x}	P
18 - 22	15	20,23	.556
23 - 27	12	17.21	
28 - 32	4	10.62	
33 - 37	3	20.17	

When the data analyzes in Table 4 are examined, it is seen that there is no difference between self-efficacy beliefs regardless of age. ($P=0.556>0.05$) When the mean ranks are analyzed, it is seen that the highest group is between the ages of 18-22. Volleyball players between the ages of 10.62 and 28-32 have the lowest average order.

Table 5. Kruskal Wallis H Test Results regarding the self-efficacy beliefs of volleyball players for positions

Position	(N)	\bar{x}	P
Setter	7	22,93	.555
Opposite Setter	2	19,00	
Spiker	21	16,98	
Liberero	5	15,00	

When Table 5 is examined, the positions played by the volleyball players were compared and it was seen that there was no significant difference between them. ($P=0.515>0.05$) When the group averages are examined, it is seen that the volleyball players playing in the setter position have the highest average, followed by the volleyball players playing in the setter diagonal position.

Table 6. Kruskal Wallis H Test Results regarding self-efficacy beliefs of volleyball players according to their sports ages

Sport Age	(N)	\bar{x}	P
06 - 10	16	21.12	.134
11 - 20	14	13.79	
20 and Plus	5	19.80	

In Table 6, the self-efficacy beliefs of volleyball players according to their sports ages were analyzed. According to the analysis, there is no significant difference between the sports ages. followed by volleyball players of sports age.

Table 7. Kruskal Wallis H test results of self-efficacy beliefs of volleyball players according to the leagues they play

League	(N)	\bar{x}	P
1.league	13	19,69	.239
2.league	6	11,92	
3.league	3	25,67	
Regional league	13	17,35	

When Table 7 is examined, it is seen that there is no significant difference between the leagues according to the analysis result with $p=0.239>0.05$. When the group rankings are examined, it is seen that the volleyball players playing in the 3rd League have the highest ranking average, while the players playing in the regional league and the 1st League follow the 3rd League.

DISCUSSION AND CONCLUSION

The main purpose of this research is to examine whether there is a significant difference between the self-efficacy beliefs of volleyball players according to their gender, age, sports age, the position they play, and the leagues they play. At the same time, it is to determine the self-efficacy belief levels of volleyball players.

As a result of the analysis of the study, it was determined that the self-efficacy beliefs of volleyball players were at a moderate level. Aydin et al. (2009) supported our study that no significant difference was found between the performance and self-efficacy beliefs of sports teams. For this reason, the fact that volleyball players have a medium level of self-efficacy beliefs does not prevent their performance from being at a high level.

According to the results of the research, while it is seen that the general self-efficacy beliefs of volleyball players do not change according to gender, while other studies in the literature (Aypay, 2010; Uysal, 2013; Seçkin & Başbay, 2013) show similarity but do not show a significant difference (Telef & Karaca, 2011; Serin, 2012). On the other hand, it is seen that there is no similarity in studies and there is a significant difference in self-efficacy beliefs

according to gender. In this study, the ineffectiveness of gender in the general self-efficacy of volleyball players may be due to the lack of a structural change in the volleyball branch in men and women.

In our study, which was conducted to determine whether age, sports age, position and league have a significant effect on general self-efficacy, it was revealed that there was no significant difference regarding the variables as a result of the analyzes. In the analysis, when the averages of the 1st, 2nd, 3rd and regional leagues are examined, it is seen that the highest average is the 3 league players. The reason for this may be due to the effort made not to relegate to the amateur league, although it was promoted to the 3rd league from the amateur league. In addition, when the sports age analysis is examined, it is seen that the average rank of volleyball players between 6-10 years, who can be considered new in volleyball, is the highest, and it is seen that there is a decrease in the average rank as the age of sports increases. This may be trying to reach the desired point in the first years.

Suggestions to be made within the framework of the findings obtained are; The scale can be applied to a larger group of participants. This study on volleyball players can be done in different team sports to examine whether there is a difference between the branches and the self-efficacy levels of the branches can be compared with the data obtained.

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