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Self-Confidence and Sports Performance





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Self-Confidence and Sports Performance

1. Introduction
2. Theoretical Approaches
3. Research Findings
 - 3.1 Self-Confidence and Motor Performance (Moritz et al., 2000)
 - 3.2 Self-Confidence and Motor Learning (Bund, 2001)
 - 3.3 Future Research Directions



Statements of Self-Confidence in Sport Domain

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3.3 Future Research Directions

- “I felt confident even though I was behind.”
- “I really felt confident in my shot.”
- “I just never felt confident in my game today.”
- “The entire team felt confident that we would win.”



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Theoretical Approaches (Overview)

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and Motor Performance

3.2 Self-Confidence
and Motor Learning

3.3 Future Research
Directions

- Theories of Achievement Motivation (Harter, 1978; Nicholls, 1984)
- Sport Confidence (Vealey, 1986)
- Theory of Self-Efficacy (Bandura, 1978, 1986)



Self-Efficacy Beliefs: Definition

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„Perceived self-efficacy refers to beliefs in one's capabilities to organize and execute the courses of action required to produce given attainments“.

(Bandura, 1997, 3)



Self-Efficacy Beliefs: Causes and Consequences

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CAUSES

Performance Accomplishments
Vicarious Experiences (Modeling)
Verbal Persuasion
Emotional resp. Physiological Reactions



Self-Efficacy Beliefs



CONSEQUENCES

Athletic Performance
(Choice of Activities, Effort, Persistence,
Thought Patterns, Emotional Reactions)



Self-Efficacy Beliefs: Causes and Consequences

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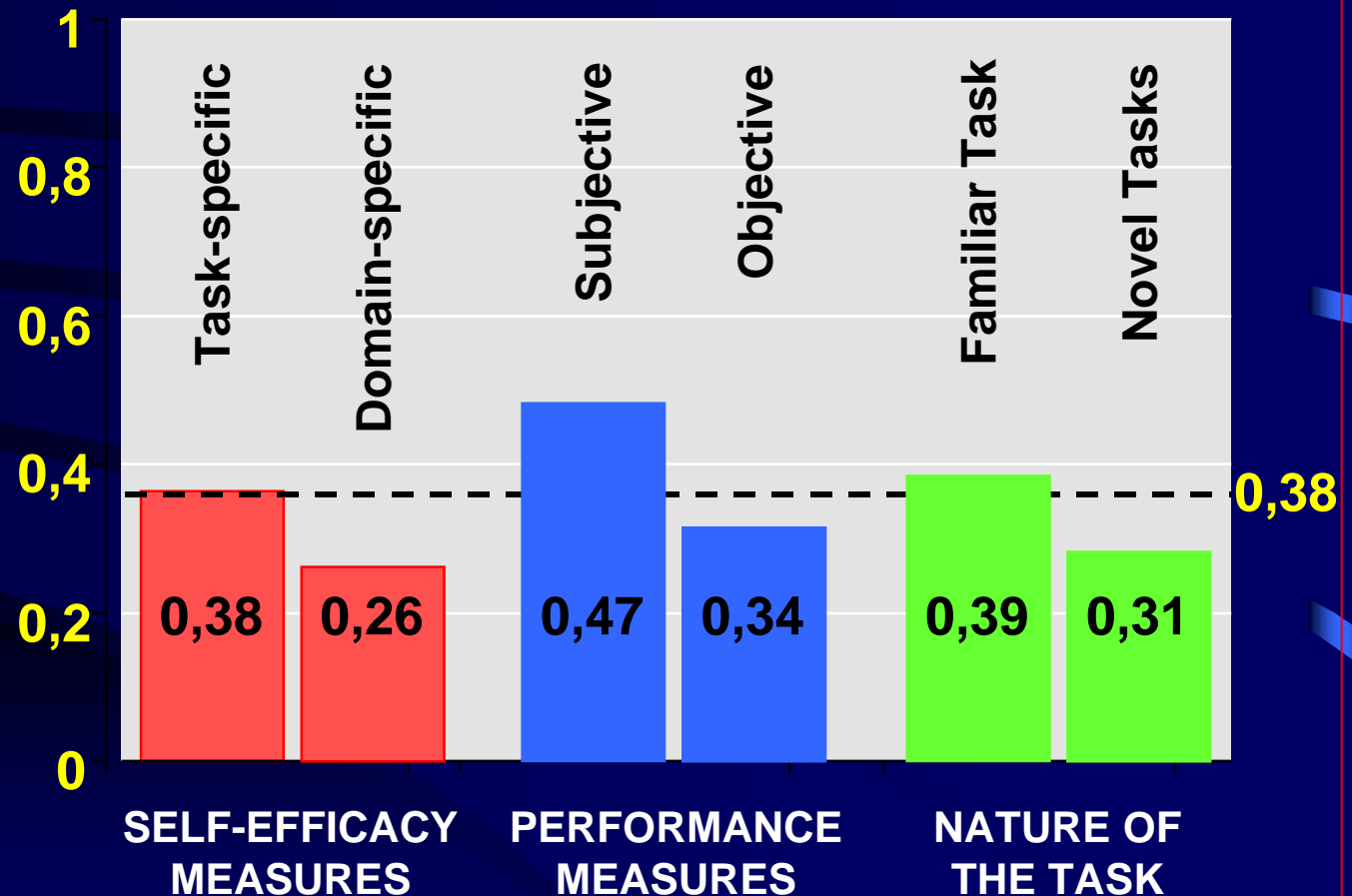


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Meta-Analysis (Moritz et al., 2000)

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Effect size (r)



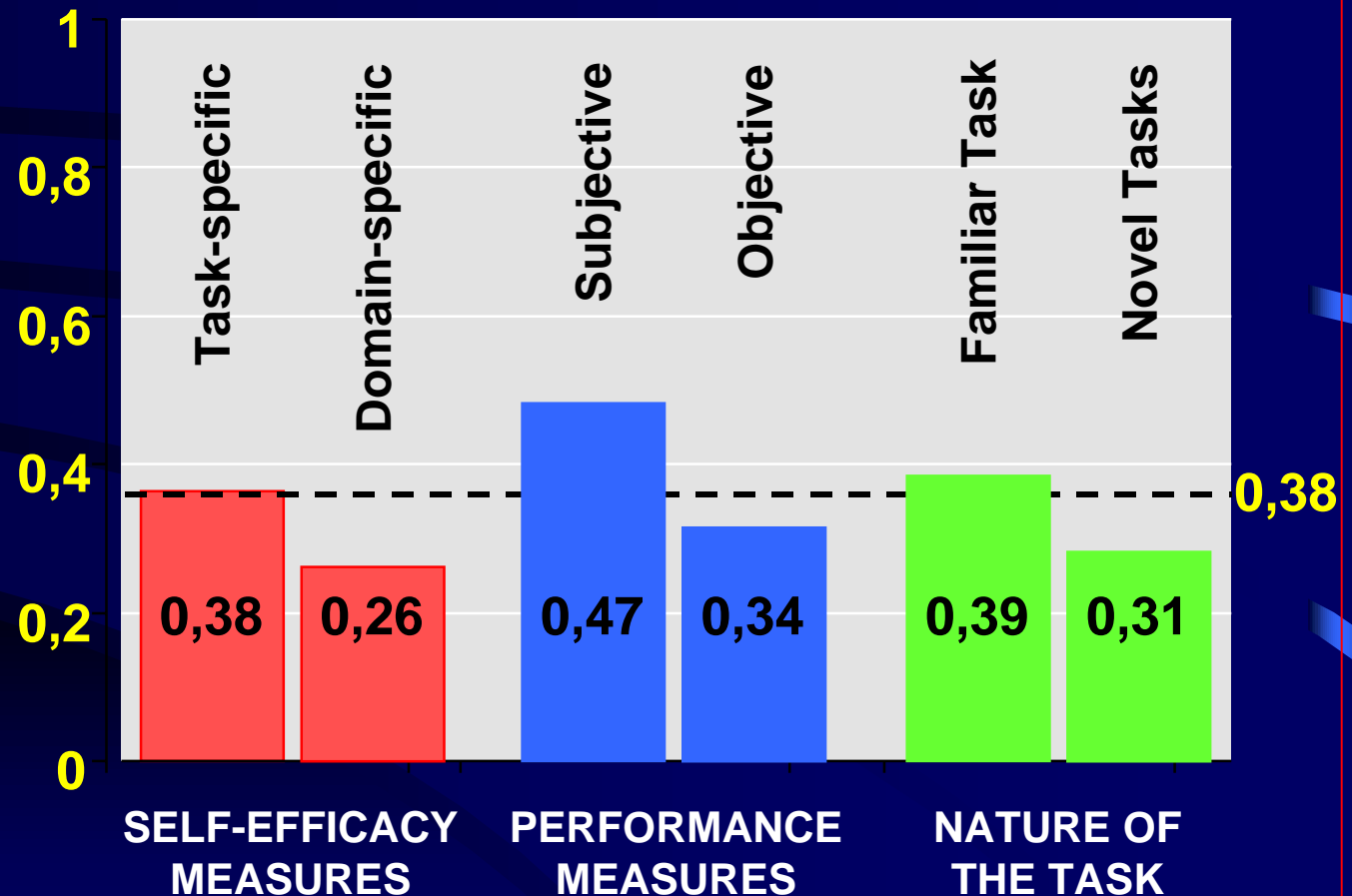


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Meta-Analysis (Moritz et al., 2000)

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„This meta-analysis provides clear evidence for a significant relationship between self-efficacy and performance. The studies included used different tasks and measures. Self-efficacy is both a cause and effect of performance“.

(Moritz, Feltz, Fahrbach & Mack, 2000, 289)



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Self-Efficacy and Motor Learning (Bund, 2001)

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3.3 Future Research
Directions

Purpose of the Study:

- Exploring the Role of Self-Efficacy in Motor Learning

Method:

- Participants: 126 Male and Female Students
- Task: Pedalo-Riding
- Research Design:
 - ⇒ Independent Variables: Self-Efficacy (High vs. Low)
Feedback (Positive vs. Negative vs. Neutrale)
 - ⇒ Dependent Variables: Motor Performance in Acquisition and (early and late) Retention, Causal Attributions, Emotions

Data Analysis:

2 x 3 x 6 (Self-Efficacy x Feedback x Trials) MANOVA



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Results for Group 2 (Failure)

1. Introduction

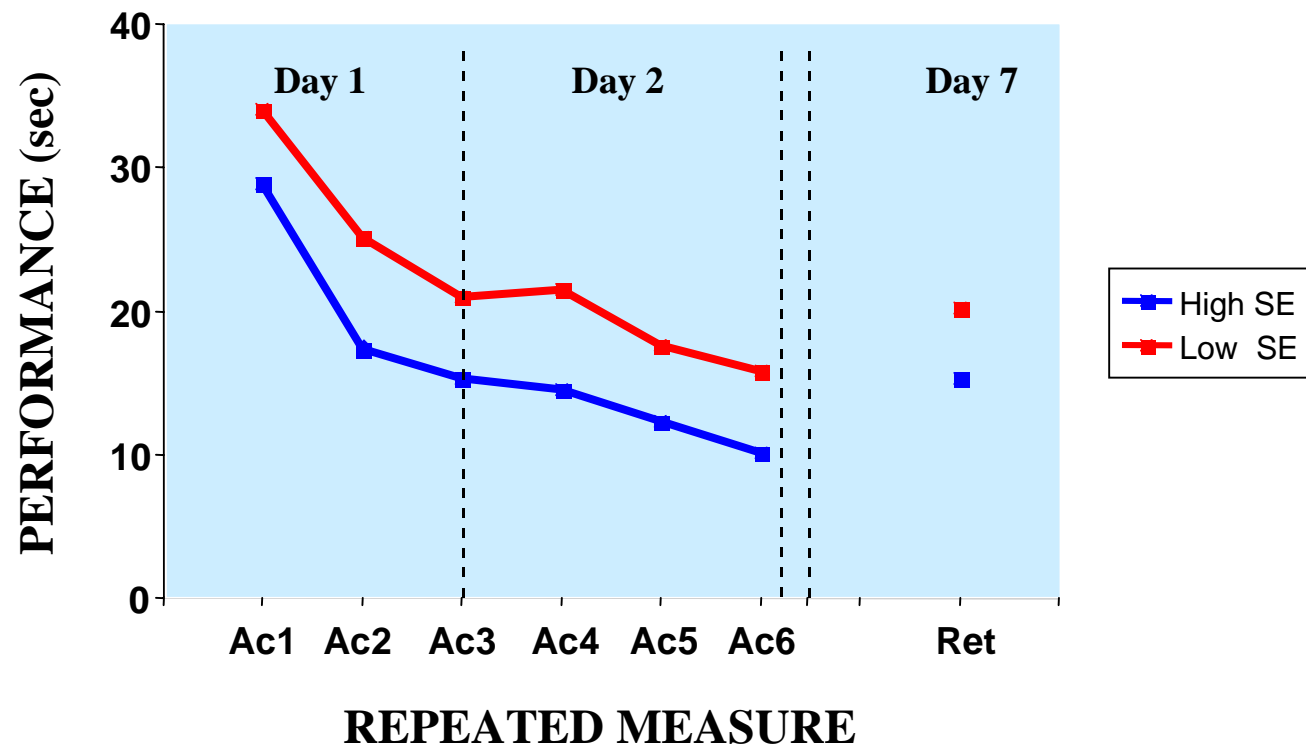
2. Theoretical
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**Motor Performance in Acquisition and Retention of Subjects
with High vs. Low Self-Efficacy for Negative Feedback**



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Future Research Directions

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**3.3 Future Research
Directions**

1. Causality of the Self-Confidence-Performance Relationship (Hawkins, 1992)

2. Development of Self-Confidence

3. Generalization of Self-Confidence



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Finally...

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Thank you !