Self-Confidence and Sports Performance
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
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Statements of Self-Confidence in Sport Domain

• “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.“
Theoretical Approaches (Overview)

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   - Theories of Achievement Motivation (Harter, 1978; Nicholls, 1984)
   - Sport Confidence (Vealey, 1986)
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Self-Efficacy Beliefs: Definition

“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

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

CAUSES

Self-Efficacy Beliefs

CONSEQUENCES

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

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Meta-Analysis (Moritz et al., 2000)

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Effect size (r)

- Task-specific: 0.38
- Domain-specific: 0.26
- Subjective: 0.47
- Objective: 0.34
- Familiar Task: 0.39
- Novel Tasks: 0.31

SELF-EFFICACY MEASURES
PERFORMANCE MEASURES
NATURE OF THE TASK
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)
Self-Efficacy and Motor Learning (Bund, 2001)

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
Results for Group 2 (Failure)

Motor Performance in Acquisition and Retention of Subjects with High vs. Low Self-Efficacy for Negative Feedback
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Future Research Directions

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

2. Development of Self-Confidence

3. Generalization of Self-Confidence
Finally...

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Thank you!