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INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

RESEARCH ARTICLE

SELF EFFICACY AND LEVEL OF ASPIRATION OF STATE LEVEL TABLE TENNIS PLAYERS.

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Manuscript Info	*Abstract*
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The study was undertaken to investigate self efficacy and level of aspiration of state Table Tennis players of Pune City. For the study 30 subjects were selected from Table Tennis Players of Pune City. The subjects for this study were delimited to 19 to 25 years state Table Tennis Players form Pune City. The necessary data was collected by administering the Schwarzer, R and M Jerusalem Self efficacy Questionnaire and John J. Ray, Fear of success and level of aspiration Questionnaire. The Schwarzer, Rand M Jerusalem (1995) self efficacy Questionnaire and John J,Ray, Fear of success and level of aspiration Questionnaire consist of 25 Multiple Choice Questions. The Self efficacy Question carry 1,2,3,4 and 5 marks for the answer and Level of aspiration Question carry 1,2,3 and 4 marks for the answer. The question measured the extent to which student were to find out the Self efficacy and level of aspiration of state Table Tennis players. To find out the significant difference an analysis of variance was employed. Percentile was calculated from the questionnaire according to marks from the answers.

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Introduction:-
Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth usingtable tennis rackets. The game takes place on a hard table divided by a net. Except for the initial serve, players must allow a ball played toward them only one bounce on their side of the table and must return it so that it bounces on the opposite side. Points are scored when a player fails to return the ball within the rules. Play is fast and demands quick reactions. A skilled player can impart several varieties of spin to the ball, altering its trajectory and limiting an opponent's options to great advantage.

Table tennis is governed by the worldwide organization International Table Tennis Federation (ITTF), founded in 1926. ITTF currently includes 217 member associations. The table tennis official rules are specified in the ITTF handbook. Since 1988, table tennis has been an Olympic sport, with several event categories. In particular, from 1988 until 2004, these were: men's singles, women's singles, men's doubles and women's doubles. Since 2008 a team event has been played instead of the doubles. In 2007, the governance fortable tennis for persons with a disability was transferred from the International Paralympic Committeeto the ITTF.

Bandura first introduced the construct of self-efficacy with the seminal publication of "Self-efficacy: Toward a Unifying Theory of Behavioral Change." A decade later, Bandura situated the construct within a social cognitive

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theory of human behavior that diverged from the prevalent cognitivism of the day and embedded cognitive development within a sociostructural network of influences. More recently, Bandura published Self-efficacy: The Exercise of Control, in which he further situated self-efficacy within a theory of personal and collective agency that operates in concert with other sociocognitive factors in regulating human well-being and attainment.

The connection between self-efficacy and achievement gets stronger as students advance through school. By the time students are in college, their self-efficacy beliefs are more strongly related to their achievement than any measure of their ability. If we wish to develop high educational achievement among our students, it is essential that we begin building stronger self-efficacy as early as possible Efficacy in using imagery was a mediator of the relationship between imagery ability and cognitive imagery use.

Objectives of the Study:-
❖ To conduct the test of self efficacy and level of aspiration of state level table tennis players.
❖ To find out self efficacy and level of aspiration of state level Table Tennis Players.
❖ To analyze the data collected.

Hypothesis:
On the basis of evidence available in the literature and with personal experience as well as discussion with experts, It is hypothesized that –
Ho- there will be high level of self efficacy and level of aspiration of state Table Tennis players.

Methodology:-
Selection of Subjects:-
The subjects were the state level Table Tennis players, age ranged from 19 to 25 years in Pune city. Different Table Tennis players who were participate at state level tournament selected randomly from Pune city. As a large sample size was ensure. Also attempts were made while selecting the sample to exercises a control over certain powerful extraneous variables like age which was ranged from 19 to 25 years of Table Tennis players from Pune city.

Inclusion criteria:-
• Subjects that who were interested and gave written consent to participate in this study was included.
• The students, who commit to cooperate till the study is over, were included.

Sample:-
Considering the population of the study, stratified random sampling technique has been employed and the sample size has been targeted in this investigation to 30 Table Tennis players who participated in the state level tournament.

Sources of data:-
❖ The data was collected on 30 players, participated in the state level subjects by administering the Schwarzer, R and M Jerusalem Self efficacy Questionnaire and John J. Ray, Fear of success and level of aspiration Questionnaire.
❖ The schedule of data collection was plan in such a way so that it do not disturb the day-to-day routine worked of the players.

Administration of Questionnaire and Collections of Data:-
❖ All the subjects were voluntarily extended their full co-operation and it had ensured that the subjects had made available for the collection of the data as and when required.
❖ The subject were explained the purpose of the study. The directions were read out at a dictation speed to make the subjects understand what they exactly require to do.
❖ As soon as a group of players were complete the questionnaire, the questionnaires were collect from them. It was verified that no response will leave without being answer.

Statistical Design:-
The descriptive analysis of data was used in the study. The data obtained from the given responses in the questionnaire rated according to the key and data was analyzed by percentage method was employed for the study

Analysis And Interpretation Of Data:-
The analysis of the data on Self efficacy and level of aspiration of state level Table Tennis players of Pune City which has made on the basis of the data collected from 30 state Table Tennis players of age 19 to 25 from Pune City by administering Schwarzer, R and M Jerusalem Self efficacy Questionnaire (1995) and John J, Ray, Fear of success and level of aspiration Questionnaire is present in this chapter.

Findings:-
❖ Self efficacy and level of aspiration test was conducted on the entire subject by using Schwarzer, R and M Jerusalem Self efficacy Questionnaire (1995) and John J, Ray, Fear of success Questionnaire and scoring of the data for each subject was recorded.
❖ The data was collected on 30 state level Table Tennis Players from Pune City by administering the Schwarzer, Rand M Jerusalem (1995) self efficacy Questionnaire and John J,Ray, Fear of success and level of aspiration Questionnaire .
❖ The Schwarzer, Rand M Jerusalem (1995) self efficacy Questionnaire and John J,Ray, Fear of success and level of aspiration Questionnaire consist of 20 Multiple Choice Questions of 90 marks. The Self efficacy Question carry 1,2,3,4 and 5 marks for the answer and Level of aspiration Question carry 1,2,3 and 4 marks for the answer. The question measured the extent to which student were to find out the Self efficacy and level of aspiration of state Table Tennis players.
❖ The schedule of data collection was planed in such a way so that it did not disturb the day-to-day routine worked of the players.

Data analysis:-
The data was analyzed through constant analysis of each group. The first step of analysis of data considered scoring of the answer paper.

Next, the investigator and his supervisor independently re-checking answer paper. Researcher than selected and identified appropriate raw data group wise. Percentile is calculated from the scoring data. The details of data analysis are given below.

Table 1:-Self Efficacy Scoring

| Level of Scoring	Scoring	No. Players
Low	10-20	2
Moderate	21-30	0
High	31-40	28

From the questionnaire of self efficacy data collection only 2 players have low scoring, there is absent of moderate scoring and only 28 players have high scoring.

Table 2:-Self Efficacy Percentile

Low	Moderate	High
6.60%	0.00%	93.40%

From the questionnaire of self efficacy found that scoring between10-20 have 2 players, 21-30 have absent and 31-40 have 28 players.
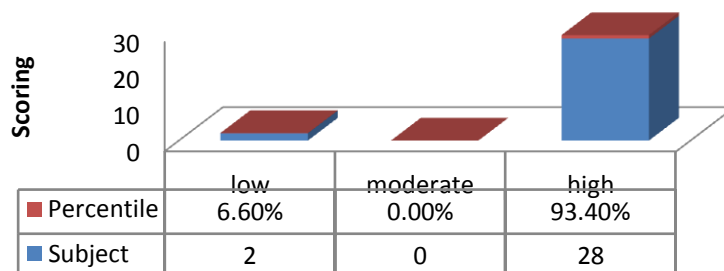
Graph 1: Self Efficacy Scoring
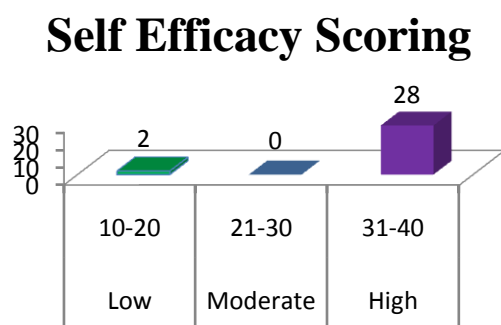
Graphical representation of state table tennis players shows 2 players low, absent of moderate and 28 players high.

Graph 2:-Self Efficacy Percentile

Self Efficacy

	low	moderate	high
■ Percentile	6.60%	0.00%	93.40%
■ Subject	2	0	28

Graphical representation of state table tennis players shows 6.60% low, 0.00% moderate and 93.40% high. It shows that the level of self efficacy of state table tennis players is high.

Table 3:-Level of Aspiration Scoring

Level of Scoring	Scoring	No. Players
Low	15-30	0
Moderate	31-45	11
High	46-65	19

From the questionnaire of level of aspiration data collection there is absent of player have low scoring, only 11 players have moderate scoring and only 19 players have high scoring.
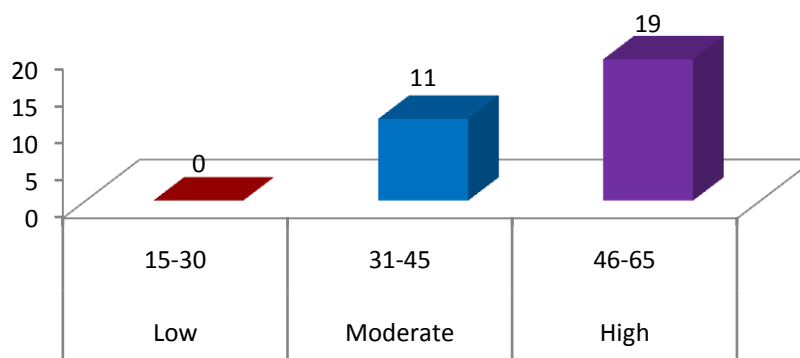
Table 4:-Level of Aspiration Percentile

| Low	Moderate	High
0.00%	36.60%	63.40%

From the questionnaire of level of aspiration found that scoring between15-30 have absent player, 31-45 have 11 and 46-65 have 19 players.

Graph 3:-Level of Aspiration Scoring

Level of Aspiration Scoring

15-30	31-45	46-65
0	11	19
Low	Moderate	High

Graphical representation of level of aspiration shows there is absent of player have low scoring, only 11 players have moderate scoring and only 19 players have high scoring

Graph 3:-Level of Aspiration Percentile

Level of Aspiration

	low	moderate	high
■ Percentile	0%	36.60%	63.40%
■ Subject	0	11	19
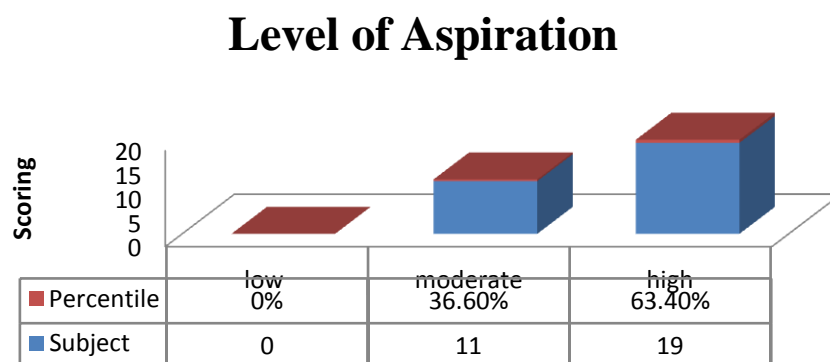
Graphical representation of state table tennis players shows 0.00% low, 36.60% moderate and 63.40% high. It shows that the level of aspiration of state table tennis players is high.

Hence it is found after percentile analysis it is found that table tennis player have high level of self efficacy and aspiration hence hypothesis stated in chapter one is sustain.

Discussion of finding:-

❖ The purpose of the present study was to investigate self efficacy and level of aspiration among players. Identification of variables that relate with self efficacy and level of aspiration can provide using questionnaire with valuable information. For example, questionnaire skills can be used to enhance self efficacy and level of aspiration.

❖ Results of the present study demonstrated a high self efficacy and high level of aspiration. This finding is consistent with meta-analysis results and lends further support to the predictive effectiveness of self-efficacy in sport.

❖ Previous research has shown that self efficacy and level of aspiration to be strongest when the individual has a clear understanding of task demands. When the task is difficult to assess, participants will struggle to give accurate estimates of confidence to successfully. Table tennis is an open-skilled sport involving 2 players co-acting with the aim to score more than the opposition. In the present study, table tennis players were experienced and therefore were likely to have a relatively clear understanding of table tennis. However, despite knowledge of table tennis, the player will not know how well the opposing player will perform. Thus, it is possible for a player to be able to accurately estimate how well he will play, but can only guess how well the opposition might play. We suggest that as the players were experienced, and had a relatively thorough knowledge of task difficulties, this might have influenced the strength of self efficacy and level of aspiration relationships might have occurred if players were inexperienced. It should be noted that findings from the present study derive from a very small sample size.

❖ Table tennis related to self efficacy and level of aspiration could be used to devise sport psychology interventions. Competition activation scores related to both self efficacy and level of aspiration. A similar finding was shown for relaxation skills, but in the case of relaxation, scores for relaxation in competition and training setting related to both self efficacy and level of aspiration. The ability to control negative emotions through activating arousal or relaxing is consistent with theoretical proposals. Thus, interventions that encourage using questionnaire during training and teaching players should lead to improved self efficacy and level of aspiration.

❖ It should be noted that s self efficacy and level of aspiration expectations are likely to developed as the competition progresses. Factors such as developing experience of playing in different venues, learning the strengths and weaknesses of the opposition are likely to increase efficacy expectations. Thus, psychological skills are likely to account for a relatively minor proportion of self-efficacy variance.

❖ The present study had at least two limitations that should be considered when interpreting the results. First, the small sample size makes it difficult to generalize findings from the present study to a wider audience. Results showing effect sizes consistent with theoretical predictions offer some support for theory and empirical evidence. However, some results are difficult to explain. It does serve to question whether other results are

equally anomalies. Future research should investigate the reproducibility of these findings to a different sample and larger sample. Research should also extend this line of investigation to other sports.

❖ Second, the self-efficacy measure comprised only two items. From a psychometric perspective, a valid measure should assess the full range of behaviors relevant to the target construct. Attaining self-set goals will invariably mean that players would need to demonstrate competence in a number of different behaviors. Future research should involve a thorough investigation of the competencies. Identification of such strategies could be used to develop a valid measure of self-efficacy for use in table tennis.

❖ The present study explored relationships between self efficacy and level of aspiration. Results show that self efficacy showed reciprocal relationships with level of aspiration.

Discussion of hypothesis:-
According to the objectives of the study, the hypothesis (H_0) formulated has been presented in the Chapter-I of this thesis.

H_1: Self efficacy among table tennis player is high.

H_2: Level of aspiration among table tennis player is high.

There is no significant self efficacy and level of aspiration among table tennis players.

Level of Significance:-
The level of significance to test the hypothesis was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of the study.

Conclusion:-
The study was to find out self efficacy and level of aspiration of state level Table Tennis Players of Pune City. From the findings of the presents study it was found that table tennis player from pune city have high level of self efficacy and level of aspiration.

Recommendations:-
❖ The present study is offered an initial contribution to the literature concerning self efficacy and level of aspiration of table tennis players of Pune City. Despite these contributions, many directions for future research can be offered. This study can be extended to other sports also. Similar study can be done by selecting subject from various other physical education colleges, from various parts of state. A similar study can be done on other state also.

❖ The finding of this study yielded new and important information concerning on self efficacy and level of aspiration; however the study has room for improvement.

❖ Finally, the findings from this study add to existing body of literature on self efficacy and level of aspiration of Table Tennis Players. Clearly, more research needs to be conducted in this area before a conclusion can be drawn about the importance of professional Table Tennis Players.

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