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Assessing Self Efficacy Sources and its Relation to Master Athlete's Achievement in Kobudo Martial Arts Sport

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Abstract

Self-efficacy is one ability to achieve success, and individuals engaging in competitive sports, including athletes and coaches, often have identified it as a most important mental skill for a success in sport. This research study aims to assess the self-efficacy sources and its relation to Master Athlete's achievement in Kobudo Martial Arts Sport. A multidimensional research model has been proposed based on the self-efficacy theory. Total of 233 respondents of the questionnaire were collected from players who participated in the competition. The results showed that the research model could significantly predict master players achievement in Martial Arts (MA). The findings would be valuable for academicians and Martial Arts master players and coaches.

Keywords: Self-efficacy; achievement; Martial Arts

Introduction

Martial arts cover a broad range of activities that involve fighting techniques, physical exercises, and methods of mental discipline, among other skills. The five most practiced forms of martial Arts today are Aikido, Judo, Karate, Kung Fu, and Tae Kwan Do. This study focused on KOBUDO martial Arts which is Okinawan classical martial arts which arose in Okinawa and was greatly influenced by China and Southeast Asian countries. In this Martial Arts sport a fighter holds a weapon such as a sai (an iron truncheon) or a tonfa in each hand.

The concept of self-efficacy is vital to coaches, athletes, and even spectators, for several reasons. First, as a coach, knowing what your athletes feel and think about their skills, abilities, and talents is of

the utmost importance if development of those characteristics is desired. Second, a better understanding of an athlete‘s psyche can significantly improve the resulting sport performances (Moritz, Feltz, Fahrbach, & Mack, 2000). Better performing athletes may lead to better performing teams, and thus, a better overall intercollegiate athletics department. Finally, as a spectator, a better understanding of self-efficacy and its relation to sports performance can increase awareness and appreciation for the sport itself.

Many studies advice for the need of recognizing more sources and determinants of the sport self-efficacy and sports outcome, and to investigate the proposed tools in different types of sports and different situations (Adie & Jowett, 2010; Brusokas, 2014).

Investigating previous shows that the Kobudo martial arts was never investigated in the term of self-efficacy and achievement. Mostly, the sport types investigated before are volleyball, basketball, football, swimming, running and different Olympic Games. Therefore, investigating the Kobudo martial arts sport will add new knowledge. Thus, this research is to investigate the self-efficacy sources for master players in competition situation and to relate it with the outcome. The research will be applied in the international Kobudo champion, Moscow 2015.

Purpose of the Study

The main objective for this research study is to assess self-efficacy sources and its relation to master athlete’s achievement in Kobudo Martial arts sport in international /national competition Moscow 2015.

Research Questions

The following specific research questions are formulated to fulfil the aims of this research study:

1. To what extent does the mastery experience will lead to self-efficacy?
2. To what extent does the vicarious experience will lead to self-efficacy?
3. To what extent does environmental comfort will lead to self-efficacy?
4. To what extent does the social persuasion will lead to self-efficacy?
5. To what extent does the self-efficacy will lead to players’ performance?
6. To what extent performance will lead to players’ achievement?

Literature Review

Theoretical Background

This study is based on self-efficacy theory by Bandura’s (1997) as a theoretical foundation.

Self-efficacy refers to “beliefs in one’s capabilities to organize and execute the courses of action required producing given attainment” (p.3). These capabilities are not limited to executing one’s performance, but include controlling one’s thought, emotion and actions needed in the specific situation.

Bandura (1997) argues that self-efficacy is a dynamic fluctuating property and not a static trait, therefore takes different forms.

Conceptualizations of Research Constructs

Mastery Experience

Mastery is a source of sport confidence that is derived from mastering or improving skills. Demonstration of ability is a source of confidence when athletes compare their ability to that of their opponents. Physical and mental preparation involves feeling physically and mentally prepared with an optimal focus for performance.

Both Bandura (1997) and Maddux (1995) indicate that these sources differ in their relative ability to influence self-efficacy. Mastery experiences is considered as the stronger sources of self-efficacy.

H1: There is a positive relationship between mastery experience and self-efficacy.

Vicarious Experience

Vicarious experiences is based on the observation of others (Bandura, 1997). Vicarious experience has been shown to influence self-efficacy through social comparisons. This process involves observation of the performance of one or more individuals, noting the consequences of their performance, and then using this information to form judgments about one's own performance (Bandura, 1997). Vicarious experience is believed to be the second most effective way to develop self-efficacy (Chowdhury, Endres, & Lanis, 2002). Several empirical studies have demonstrated that vicarious experience is a source of self-efficacy.

H2: There is a positive relationship between vicarious experience and self-efficacy.

Environmental Comfort

Environmental comfort was ranked as one of the sources of sport-confidence for the athletes (Vealey, Hayashi, Garner-Holman, & Giacobbi, 1998). Environmental comfort is defined as feeling comfortable with the environment of competition (Vealey et al., 1998). These sources overlap with the sources of self-efficacy that Bandura (1997) indicates, yet they are more specific to the context of competitive sport.(Magyar & Duda, 2000) showed the importance of environmental sources for confidence, such as social support, athletic trainers' leadership, and environmental comfort. Situational favorableness as a source of confidence is also supported by studies (Shaw, Dzewaltowski, & McElroy, 1992)

H3: There is a positive relationship between environmental comfort and self-efficacy.

Social Persuasion

The fourth factor affecting self-efficacy is verbal or social persuasion .When people are persuaded verbally that they can achieve or master a task; they are more likely to do the task .Having others verbally support attainment or mastery of a task goes a long way in supporting a person's belief in himself or herself. Social persuasion" refers that people give feedback regarding one's capabilities and it could also alter self-efficacy belief of individuals. It was stated that realistic boosts in efficacy could lead

individuals to exert greater effort in their activities (Arslan 2013). Verbal persuasion is thought to be the third most effective way to develop self-efficacy (Chowdhury et al., 2002). Wise & Trunnell, (2001) also demonstrate that verbal persuasion is most effective when following a performance accomplishment (i.e., a mastery experience). "If people receive realistic encouragement, they will be more likely to exert greater effort and to become successful than if they are troubled by self-doubts" (Wood & Bandura, 1989, p. 365).

H4: There is a positive relationship between social persuasion and self-efficacy.

Self-Efficacy

Self-efficacy, or the belief in one‘s own ability to perform a specific task Successfully, is one of the most influential psychological concepts thought to affect achievement endeavors in sport performance (Koehn, Pearce, & Morris, 2013). Furthermore, one of the greatest Olympic athletes of all-time, Carl Lewis, demonstrated his belief about self- confidence as a vital factor for his plethora of successes by stating, If you don‘t have confidence, you‘ll always find a way not to win‖ (Machida, 2008). The concept of self-efficacy is vital to coaches, athletes, and even spectators, for several reasons. Better performing athletes may lead to better performing teams, and thus, a better overall intercollegiate athletics department. Finally, as a spectator, a better understanding of self-efficacy and its relation to Dozens of researchers have conducted studies on the relationship between self- efficacy and performances in various sports (Moritz et al., 2000). Sports performance can increase awareness and appreciation for the sport itself.

H5: There is a positive relationship between self-efficacy and performance.

Performance

A successful athletic performance is the optimal performance that is self-referenced criteria based on past performance history and the present performance status (Claudia 2013). Performance and self-efficacy also share an important relationship. In an overview of the self-efficacy in sport literature, most studies relating self-efficacy and performance revealed a moderate to strong positive relationship (Moritz et al., 2000). Achievement in performance was found to be one of the most significant sources of self-efficacy due to achievement being a reflection of personal mastery experience (Bandura, 1977).

H6: There is a positive relationship between performance and achievement.

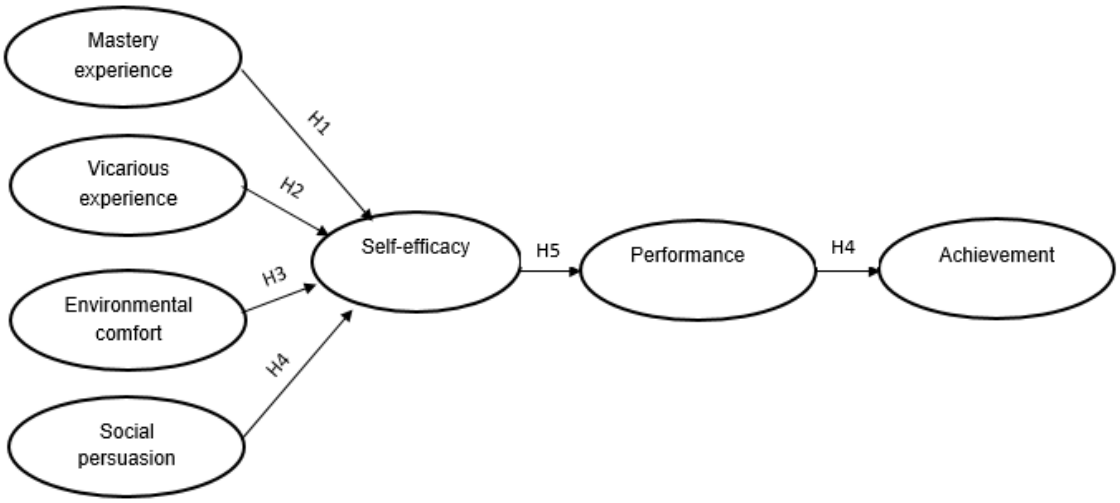

Fig.1 Proposed research model

Research Method

A survey was conducted to assess self-efficacy sources and its relation to master athlete's achievement for the purpose to test the research model and the hypotheses empirically.

Instrument Development

The survey instrument consists of a two-part questionnaire. The first part employs the use of nominal scales to collect demographic information such as the respondent's gender, age, Martial Arts Type, Nationality, Playing Experience, Playing Experience, and Black Belt, what rank.

The second part uses subjective measures to evaluate respondents 'perceptions of the theoretical constructs. Each construct contains four measures graded using a 10-point Likert-type scale. Most of the survey instruments are adopted from current scales except for the demographic survey. The scale used to measure mastery experience is adopted from the instrument used by Peterson (2006); Peterson, Lulejian, & Laussucq, (2007); Dahl (2014); Bandura & Bandura (1990) in their research work. Meanwhile, the scale used to measure vicarious experience is adopted from the instrument used by Zelenak (2011) in their research work. The scale used to measure environmental comfort is adopted from the instrument used by Wilson, Sullivan, Myers, & Feltz (2004) in their research study. The scales used to measure social persuasion is adopted from the instruments used by Zelenak (2011). The scale used to measure self-efficacy is adapted from the instrument used by Bandura (1988). The scales used to measure performance is adopted from the instruments used by Dahl (2014). Finally, the scale used to measure achievement is adapted from the instrument used by (Adie & Jowett, 2010).

The respondents of this research study are selected from players who joined international /national competition Moscow 2015. The research questionnaire was delivered via e-mail to those respondents. The First, an invitation letter was sent to the players who play in international /national competition Moscow 2015. The letter provided a brief introduction to the study and requested for

volunteer participants. Interested players could simply click on the hyperlink provided in the invitation letter to complete the questionnaire online. A follow-up letter was sent to the non-responding players after two weeks. This reminder serves as the purpose to gather more responses. Of the 350 invitation letters sent out, 233 questionnaires were considered valid after (discarding the replicated and uncompleted questionnaires). The effective response rate was recorded at 66%; 39.4% of respondents were males and 60.5% were females. The respondents of this research study were from different category in Martial Arts: (43.4%) of the respondents were from Kobudo Martial Arts type, while, (27.5%) of the respondents were from Nippon Kempo Martial Arts type. For playing experience, a majority of the respondents in this research have playing experience from 3 to 5 years was 33.4%, while the players who have playing experience more than 16 years were 18.4%. The findings show that (25.7%) of respondents are 1st Dan of Rank of black belt, while (1.2%) of respondents are 7nd Dan of Rank of black belt.

Scale Validation

The partial least square (PLS) method was used for assessing the validity of the scales and the testing of hypotheses. This method is a structural equation modelling technique that employs a non-parametric approach. Also, it is a and component-based method for a predictive research model (Jöreskog & Sörbom, 1993).The method is preferred over covariance-based analytical techniques such as LISREL, in terms of requirements of the sample size and distribution restrictions. In addition, this method is able to model latent variables as either formative or reflective constructs (Chin, Marcolin, & Newsted, 2003). The SmartPLS software is used to test the hypotheses (Ringle,Wende, & Will, 2008). Unlike LISREL, SmartPLS estimates the parameters of the measurement model as well as the structural model together. Thus, the relative statistics of the research model are rearranged to meet the requirements of the measurement model and the structural model. The assessments performed in the measurement model are convergent validity and discriminant validity of scale items. Meanwhile, the assessments performed in the structural model are the path coefficients and explanations of variances. Because the PLS did not provide a significant test or intervals of estimation of confidence, a bootstrapping technique with 100 subsamples was used to obtain the values of parameter means, standard errors, and significance for item loadings, item weights, and path coefficients. The Convergent and discriminant validity of each first-order construct are assessed in the measurement model. Each first-order construct is modelled as a reflective latent construct to account for its indicators. The three criteria used for the assessment of convergent validity are: (Fornell & Larcker, 1981): (1) item loading (l) that should be statistically significant with a value greater than .71, (2) composite reliability (rc) for each latent construct that should be than .70 and it should be interpreted like a Cronbach's coefficient, and (3) average variance extracted (AVE) for each latent construct should exceed 0.50.

Meanwhile, the estimation for Discriminant validity between constructs is based on the criterion that the square root of every AVE should exceed the correlations among any pairs of latent constructs (Chin, 1998; Fornell & Larcker, 1981). Table 1 shows composite reliability that ranges from .84 to .92, and the average variance extracted (AVE) the range from .52 to .70. The composite reliabilities of each latent construct are greater than .7, and all the values of AVE exceed .50. In addition, the square root of AVE for each construct (diagonal elements) exceeds its correlations with all other constructs (off-diagonal elements). These results demonstrate the achievements of the target in satisfactory reliability, convergent and discriminant validity. Table 2 shows the loadings and cross-loadings of the structural matrix.

Table 1 Assessment of convergent validity

Construct	Items	Composite reliability	Cronbachs Alpha	AVE	Correlations						
					AC	EC	ME	PE	SE	SP	VE
AC	7	0.90	0.87	0.57	.75						
EC	4	0.90	0.85	0.70	.46	.83					
ME	6	0.92	0.90	0.68	.61	.48	.82				
PE	5	0.84	0.77	0.52	.74	.43	.63	.74			
SE	6	0.92	0.90	0.60	.67	.50	.48	.72	.87		
SP	8	0.88	0.84	0.57	.64	.49	.75	.73	.83	.77	
VE	5	0.89	0.85	0.63	.60	.40	.77	.68	.85	.76	.79

Table 2 Factor structure matrix of loading and cross loading

Scale items	ME	VE	EC	SP	SE	PE	AC
ME1	0.822	0.612	0.370	0.632	0.678	0.507	0.523
ME2	0.847	0.654	0.435	0.610	0.683	0.536	0.548
ME3	0.844	0.690	0.4212	0.684	0.705	0.557	0.616
ME4	0.808	0.620	0.381	0.628	0.735	0.552	0.465
ME5	0.878	0.718	0.490	0.689	0.783	0.601	0.517
ME6	0.762	0.535	0.306	0.476	0.612	0.399	0.388
VE1	0.637	0.792	0.391	0.606	0.705	0.571	0.505
VE2	0.691	0.840	0.336	0.635	0.707	0.588	0.528
VE3	0.617	0.799	0.331	0.594	0.680	0.508	0.454
VE4	0.642	0.816	0.272	0.661	0.693	0.620	0.497
VE5	0.492	0.746	0.298	0.542	0.605	0.454	0.412
EC1	0.358	0.33	0.850	0.400	0.383	0.388	0.442
EC2	0.416	0.399	0.870	0.452	0.464	0.427	0.409
EC3	0.50	0.361	0.792	0.420	0.442	0.343	0.407
EC4	0.345	0.266	0.838	0.368	0.402	0.294	0.310
SP1	0.660	0.638	0.452	0.832	0.731	0.652	0.570
SP2	0.619	0.619	0.441	0.806	0.676	0.515	0.525
SP3	0.484	0.477	0.288	0.674	0.542	0.500	0.406
SP4	0.614	0.633	0.344	0.784	0.649	0.556	0.438
SP5	0.547	0.582	0.339	0.814	0.662	0.627	0.570
SP6	0.466	0.484	0.350	0.598	0.521	0.461	0.363
SE1	0.670	0.638	0.335	0.755	0.739	0.676	0.601
SE2	0.528	0.528	0.357	0.474	0.659	0.439	0.459
SE3	0.617	0.646	0.494	0.579	0.760	0.470	0.513
SE4	0.712	0.718	0.312	0.678	0.859	0.611	0.539
SE5	0.684	0.693	0.439	0.680	0.847	0.595	0.562
SE6	0.635	0.634	0.291	0.632	0.732	0.518	0.471
SE7	0.743	0.695	0.423	0.628	0.805	0.538	0.543
SE8	0.651	0.704	0.506	0.737	0.789	0.593	0.537
PE1	0.451	0.496	0.308	0.576	0.551	0.728	0.621
PE2	0.618	0.633	0.273	0.640	0.644	0.827	0.608
PE3	0.466	0.506	0.447	0.587	0.540	0.827	0.618
PE4	0.366	0.459	0.351	0.391	0.430	0.658	0.409
PE5	0.381	0.377	0.197	0.419	0.420	0.555	0.382
AC1	0.377	0.399	0.214	0.545	0.474	0.629	0.656
AC2	0.357	0.355	0.299	0.424	0.338	0.435	0.694
AC3	0.366	0.360	0.438	0.380	0.352	0.402	0.676
AC4	0.509	0.503	0.334	0.466	0.549	0,574	0.810
AC5	0.520	0.486	0.400	0.558	0.568	0.602	0.843
AC6	0.571	0.550	0.424	0.547	0.640	0.642	0.865
AC7	0.521	0.489	0.400	0.425	0.571	0.572	0731

Assessment of Structural Model and Hypotheses Testing

The SMART PLS is used to assess the statistical significance of each hypothesis with consideration to the values of path coefficients that are standardized betas. The data set composed of 233 samples. It was analyzed with a bootstrapping procedure to evaluate the significant level of relationships between the constructs. Figure 2.shows the estimated path coefficients of the structural model.

Table 3 is a summary of results obtained from the hypotheses tests. The T values are taken into consideration in the evaluation of the significance of path coefficients and β values stating the standardized path coefficient. When the T and β values were considered, it was found that the relationships between ME-SE, VE-SE, EC-SE, SP-SE, SE-PE and PE-AC at the level when $p<0.001$ are strong and positive. Therefore H1, H2, H3, H4 H5, and H6 are accepted. A newly constructed hypothesis was constructed to measure the relationship between ME, VE, EC, SP and SE. The analysis of the, structural model showed the relationship between SE and PE at the level where $p<0.001$ is strong thus, the acceptance of the newly constructed hypothesis that indicated positive and direct relationship between ME,VE,EC,SP and SE, and between SE and PE and PE with AC.

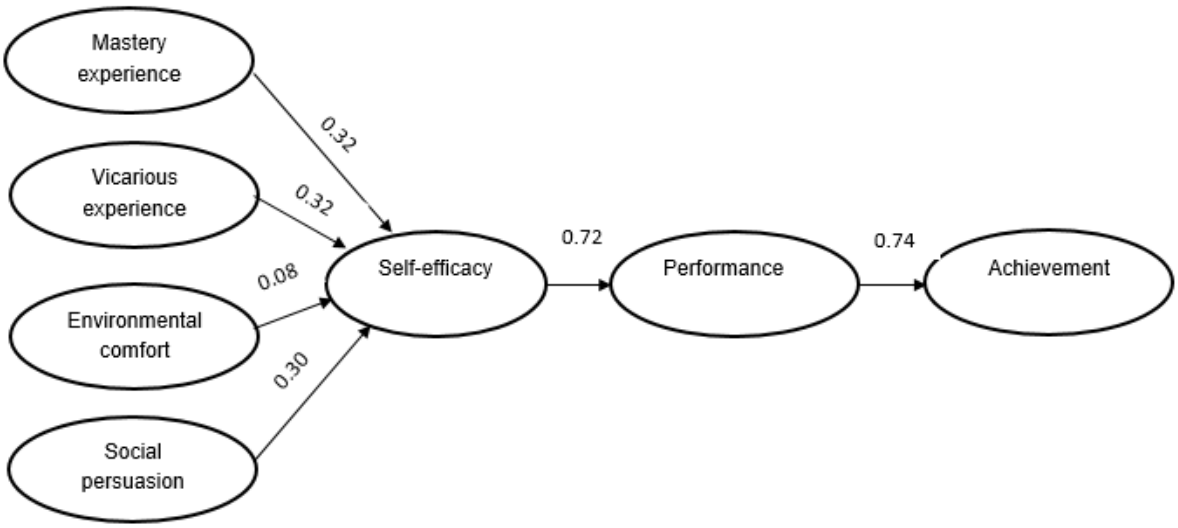

Fig.2 Result of the proposed research model

Table 3 Path Coefficients

Relationships	Hi	T-values	Path coefficient	Decision
ME → SE	H1	5.947	0.324	Accepted
VE → SE	H2	6.604	0.324	Accepted
EC → SE	H3	2.392	0.080	Not Accepted
SP → SE	H4	6.703	0.306	Accepted
SE → PE	H5	23.108	0.722	Accepted
PE → AC	H6	25.324	0.743	Accepted

Note: ***p < 0.001, **p < 0.01, *p < 0.05

Discussion

In this empirical study, a number of relationships are examined to assess self-efficacy sources and its relation to master athlete's achievement in Kobudo Martial arts sport. The findings revealed that the mastery experience, vicarious experience, social persuasion has a direct and statistically significant effect on self-efficacy (H1, H2, H4). But environmental comfort has not significant relationship with self-efficacy.

The effect of social persuasion on self-efficacy is more evident than the effect of mastery experience, vicarious experience on self-efficacy. This means the social persuasion around players has affected and motivated them to achieve their goals. Because of the players got supported from family member, team mate, friends, and coach.

Self-efficacy shows strong effects on performance (H5). This means players who have more confident can be performing perfectly. In other word, players have less self-efficacy means they have less experience. Performance has strong effect on achievement (H6) so this means players without good performance, they cannot get their achievement.

Conclusion

This study intends to assess self-efficacy sources and its relation to master athlete's achievement in Kobudo Martial arts sport. The research findings revealed that social persuasion is an important source of self-efficacy effect on players' performance that lead to their achievement. This result has provided a new theoretical basis with empirical support for better understanding on the achievement of players.

Players to get achievement, they must have discipline to coaches' and family instructions. The players must participate in many sport events or competition this will help them to increase their self-efficacy and experience even if they lose or win.

The present research studies show that the sources of self-efficacy construct which are mastery experience, vicarious experience, environmental comfort, and social persuasion are still lacking.

Therefore, more efforts should be made on the evaluation of these constructs and the development of multi-dimensional measures in different context for future research studies. The research model should be retested with a broader and larger sample of players. Another, important area for future research in Martial arts sport is the examination of the role of other predictors of players' achievement.

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