ABSTRACT

The purpose of this research was to investigate self efficacy and intrinsic motivation in south west Ethiopian public universities male football teams. Cross sectional research design was employed to conduct the study. The research population consisted of 100 male football players participated in the 7th all Ethiopian public universities sport festival at Haramaya University. Proportional random sampling was used to draw the sample respondents from each participant universities, 80 male football player’s of university teams and per university 20 respondents have filled the questionnaires. In this research, expanded version of physical self-Efficacy measure and intrinsic motivation scale were employed. Mean, standard deviation and Pearson product moment correlation coefficient of descriptive statistics were undertaken, to analyze the data at the 5% level of significance. The result of the study indicates that there was high level of intrinsic motivation in male football players of south west Ethiopian University teams. And there was a positive significant relationship between self efficacy and intrinsic motivation. Thus, it would be worthwhile that football players are trained with scientifically based strenuous exercise; it would increase both self efficacy and intrinsic motivation of the player’s performance towards the competition.

Keywords: Exercise; Self Efficacy; Intrinsic Motivation

INTRODUCTION

With speedy development of sport competition via diverse levels and categories; one of the pillars of football (i.e. sport psychology) has been identified as potentially important in enhancing football performance (Baker & Sedgwick, 2005). This various sport competitions puts a big challenge on sport psychologist to overcome the barriers of performance in sport arena. Thus, sport psychologists have given special attention for boosting up sport performance, while they were letting aside the motivational behaviour of the players and psychological variables of the sport (Feltz, 1988a). In sport psychology there are a lot of variables which are essential to enhance sport performance, especially self efficacy and intrinsic motivations are the one which increases exercise behaviour (Jonsson, 2012).

Based on the contemporary thought of sport psychologists; self-efficacy is considered to be a significant variable for enhancing all aspects of human performance and the construct of self efficacy provided an impetus for research studies across the domain (Bandura’s 1977, 1982 and Heazlewood & Burke, 2011). As Bandura (1997), defined Self-efficacy as “beliefs in one’s capabilities to organise and execute the courses of action required to produce given attainments”. It is not actually concerned for the skill, technique, tactic, coordination and team work of individual and team rather the decision making of what one can do with whatever skills he possesses (Heazlewood & Burke, 2011). Self-efficacy, then, can be considered a situational specific self-confidence (Feltz, 1988a). Self-efficacy is theorized to influence the activities of individuals in a way that to systematize to beat problems, choose approach and the degree of persistence they demonstrate in the face of failure or aversive
stimuli (Bandura, 1997). More specifically, individuals are showing high efficacy they can perform well and thereby maintain or realize the objectives of the team. Research shows that, the individual’s self-efficacy has strong connections with regular exercise habits (Bandura, 1997; SBU, 2007).

Self-efficacy can be maintained via the four channels which consist of performance accomplishments, vicarious experience, verbal persuasion and physiological responses (Ibid). Self efficacy can be elevated through the following mechanisms:

- **Successful performance**: The athlete must experience success if he/she needs to develop self-efficacy (Cox, 2007).
- **Vicarious experience**: Athletes who are just starting out can experience success through the use of models (Gill & Williams, 2008). Vicarious experience includes watching another persona accomplish a specific skill and thereby other athletes are doing the same thing as their model (Weinberg & Gould, 1995).
- **Verbal persuasion**: Coaches, teachers, peers and parents often use persuasive techniques to influence behaviour. These people are important to athletes and can be helpful in encouraging self-efficacy (Weinberg & Gould, 1995).
- **Emotional arousal**: Bandura (1997) suggests that perceptions of arousal affect behaviour by changing efficacy expectations. Feltz (1984) suggested that if an athlete’s perception of arousal changes from negative to positive, self efficacy should be enhanced. However, evidence corroborating this is, as yet, inconclusive.

Therefore, individual football player’s judgment of their capability to perform a task can affect their behaviour (i.e., choice of activities, interest, motivational aspect, and effort expenditure and persistence), their thought patterns, and their emotional reactions in demanding or anxiety-provoking situations. Self-efficacy is a major determinant of behaviour when proper incentives (i.e. high level of intrinsic motivation) and the necessary skills are present (Heazlewood & Burke, 2011).

In competition some of the sport participants fail to realize the predetermined goals, because of different problems. One of the wide concepts in sport is various psychological variables; particularly motivation is the one which attracts young scholar. In football, it is clear that those who have participating with eager which comes from internal feeling of the athletes (i.e. intrinsic motivation) are benefited than those who do not have. Since the participants have strong affiliation, love, passion and positive outlook towards their sport they become effective (Wilson & Rodgers, 2008 & Jonsson, 2012). In support of the above study Murphy (2005) elaborated that; athletes should maintain focus on the task that they are competing for because it is critical to success. Self-Determination Theory conceptualizes motivation as multidimensional, and suggests different qualities of motivation, instead of looking at motivation with focus on quantity (Deci & Ryan, 2002b). Intrinsic motivation has proven to be positively correlated with exercise (Wilson & Rodgers, 2004).

When football coaches’ are capable of trying to incorporate high strenuous football demanding exercise, it can increase the development of both intrinsic motivation and self efficacy on the players; these can maintain their performance as well. Theories within the field that has proven good in explaining and predicting exercise behaviour are Deci and Ryan's (1985) Self-Determination Theory (STD) and Bandura's (1977) Self-Efficacy Theory (SET). Concerning their interrelationship between self efficacy and intrinsic motivation, according to Murphy (2005), athletes’ have their own reason that to compete; it is based on internal and external rewards as well as an athlete’s pre-performance assessment. The same author explained that high self-efficacy is a judgment about one’s capability to perform a particular task at an elevated level, with certainty, and repeatedly over time. Motivationally, athletes with higher self-efficacy tend to try harder, persist longer, choose greater challenges, experience effort more positively, and feel less anxious. Thus, when football coaches are considering the two psychological constructs in their training or competition, players can result good performance for the teams as a whole and it would have good exercise behaviour.
Today, modern football is very much concerned for holistic way of coaching (i.e. considering technical, tactical, physical and psychological aspect of football players) of which the coach may disregard one of the pillars of football; undoubtedly the team in general and the players in particular can face a great challenge. Concerning the psychological variables, self-efficacy and intrinsic motivation are very crucial for enhancing the performance and exercise behaviour of football player’s, however, understanding of both constructs in Ethiopian clubs and national team are at childhood level. Particularly in south west Ethiopian public universities Male Football teams, coaches have forgotten the importance of the constructs wittingly or unwittingly and studies in this regard are lacking at country level. Because of this the players as well as the team have not demonstrated their performance as expected. In addition, the coaches cannot access the written materials in specific sport psychological constructs. To overcome this problem the coaches’ needs to speed up the application of different sport psychological variables on football player’s performance. The possible increment in performance resulting from the introduction of self efficacy and intrinsic motivation intervention could not be thought in the absence of community based research. Hence, efficient, integrated and responsive mechanism is of critical importance to boost up the performance of football player’s. Regarding this, Stephen and Sheldon (2009), as cited by Vealey(2006), many people believed that the professionalization of sport psychology depended on providing scientific evidence to justify the use of psychological interventions in sport.

OBJECTIVES OF THE STUDY

General Objective

The general objective of this study was to investigate the relationship between self efficacy and intrinsic motivation in south west Ethiopian public universities Male Football teams.

Specific Objectives

The specific objectives of this research were:

1. To describe self-efficacy in south west Ethiopian public universities Male Football teams.
2. To determine intrinsic motivation in south west Ethiopian public universities Male Football teams
3. To examine the significance difference between self efficacy and intrinsic motivation of south west Ethiopian public universities Male Football teams.

RESEARCH QUESTIONS

1. What was the self efficacy and intrinsic motivation of south west Ethiopian public universities Male Football teams?
2. Which psychological variables were the most recurrent in south west Ethiopian public universities Male Football teams?
3. Was there significance difference between self efficacy and intrinsic motivation of south west Ethiopian public universities Male Football teams?

METHODOLOGY

Design and period of the study: A cross-sectional study design was employed in order to investigate the relationship between self efficacy and intrinsic motivation in south west Ethiopian public universities Male Football teams. This study was conducted in 2013/14, Haramaya east west Ethiopia.

Source of data: the population of the present research consisted of all south west Ethiopian public universities, there were four participant universities namely Jimma University, Mizan Teppi University, Wollega University and Mettu University. Thus, all 100 male football players who were participated in 7th Ethiopian public higher universities at Haramaya University were considered as a source of data.
Sampling procedure and sample size: In south west Ethiopian public higher universities, there were four teams. In each participant universities there were 25 players in a squad, they made (N=100) totals in number. Sample size determination formula (Daniel, 1999) were employed to access (n=80) the sample respondents. The researcher was used proportional random sampling technique to access the respondents and per university 20 participant players have filled the questionnaire.

Validity and Reliability: to ensure the validity of the instruments expert opinions were taken from psychology and English professionals. The professionals were put there impression on the modification and improvement of the instruments. Thus, it assured the face as well as content validity of the research. Moreover, pilot test was carried out, involving 20 Jimma Kenema Football club, they were out of the main study. Result of pilot study reveals that, there were 0.86 and 0.93 for physical self efficacy measure (PSEM)(expanded version from Cox, Martens & Russell, 2003) and intrinsic motivation scale (IMI) (Mc Auley, et al., 1989), respectively. Based on the pilot study result, modification and adjustment were done on the instruments.

Method of data analysis: Statistical analyses were employed via, IBM SPSS version 20 application software, to answer the research questions. Mean and standard deviation were used for descriptive statistics. Pearson product correlation coefficient was used to correlate the relationship between self efficacy and intrinsic motivation.

Limitation of the study: there was a serious scarcity of local researches concerning the study. In addition the study was not addressed the other psychological variables, which had potential to enhance performance. Even if intervention in sport psychology is important, the study was not conduct in male football players of Jimma university team.

Ethical issues: the researcher has gotten a permission letter from Jimma University, college of natural science research publication office and from Ethiopian public higher universities sport organizing office. In addition, the researcher was applying all the necessary information including informed verbal consent and confidentiality of the participants.

**RESULT**

**Table 1. Mean and standard deviations scores of physical self efficacy measure and intrinsic motivation scale**

<table>
<thead>
<tr>
<th>Psychological variables</th>
<th>Players (n=80)</th>
<th>Self efficacy</th>
<th>Intrinsic Motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td></td>
<td>24.5</td>
<td>28.3</td>
</tr>
<tr>
<td>Standard deviation</td>
<td></td>
<td>4.32</td>
<td>5.45</td>
</tr>
</tbody>
</table>

As per the above table1, student athletes intrinsic Motivation was highest mean score (M=28.3, SD=± 5.45) followed by self efficacy (M=24.5, SD=± 4.32).

**Table 2. Pearson product correlation coefficient between self efficacy and intrinsic motivation**

<table>
<thead>
<tr>
<th>Players (n=80)</th>
<th>Self efficacy</th>
<th>Intrinsic Motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sign.**</td>
<td>.003</td>
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</table>

**Note: ** Correlation is significant at the 0.05 level (two tailed)

As table 2 Pearson product correlation revealed that, there was (0.73) of relationship between self efficacy and intrinsic motivation of football players.

**DISCUSSION AND CONCLUSION**

The final output of the research was to examine the relationship between self efficacy and intrinsic motivation in male football players of south west Ethiopian University teams. Based on the findings,
intrinsic motivation of the players were, found to be higher than self efficacy. It revealed that student players were participating in the competition because of internal feeling for the exercise, strong affiliation, love, passion and positive outlook for the game of the tournament.

The study is consistent with the findings of Self determination theory (e.g. Lindgren, 2010; Wilson & Rodgers, 2008; Hagger & Chatzisarantis, 2007; Jonsson, 2012). It is clear that student players are playing for the sake of satisfying their basic needs, in this case football related exercise. Because exercise behaviour is positively correlated with self determined regulation of the football players (SDT). In addition to this, football players identified with intrinsic motivation can prefer more strenuous exercise to feel joy and inner satisfaction in performance. The study is compatible with the following studies (Buckworth et al., 2007; Sabiston et al., 2010 & Deci and Ryan, 2002b). There are some findings which contradict the present study, showed that there is no positive association between intrinsic motivation and strenuous exercise (e.g. Edmunds, Ntoumanis & Duda, 2006). Because in SDT perspective, there were no correlation at all between intrinsic regulations with light or moderate exercise; they gave possible analysis behind participants engaged for the purpose of transportation. It may require less cognitive processing than structured strenuous exercise (ibid).

The findings of the present study showed that there is positive correlation between self-efficacy and intrinsic motivation; it infers that both self efficacy and intrinsic motivation have the potential factor for predicting exercise behaviour of the players. This is consistent with the previous findings (e.g. Schunk, 1993; Rovniak et al., 2002; Von Ah et al., 2004; Jonsson, 2012). Thus, self efficacy has displayed the strongest mediators for performing physical activity and leading regular physical active lifestyle (Bandura 1997; SBU, 2007). Based on Bandura (1997) and SET, if the players have high self efficacy concerning the activity, the more tendency to focus on the task.

These research findings suggest that to promote south west Ethiopian public higher university male football teams self efficacy, the exercise should be of scientifically high intensive exercise. Structured exercise programs must include more focus on high intensity exercise than light or moderate exercise. So they can establish, maintain and display the variables of self-efficacy on the players’ performance. To develop intrinsic motivation of the players towards exercise, the coaches need to satisfy the basic needs (i.e. football related exercise). In addition to this, the players self efficacy should be treated based on successful accomplishment, verbal persuasion, vicarious experience and emotional arousal which form the basis of the individual’s self efficacy (Bandura, 1997). The present research did not generalize the result on the all participant universities because of scarcity of time and man power. The research did not incorporate different league levels and at national team, even if the study is important. Finally the research did not show the direct relationship of variables with exercise (for example, extrinsic motivation, a motivation and wellbeing of the participant) and interventions of psychological variables are limited in Ethiopian football. It might be of interest on how to investigate this variables relate to exercise behaviour, partly in Ethiopian scholars.

REFERENCES


