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The evaluation of self-efficacy and sport self-confidence of the swimmer practicing pool training and land training in terms of gender

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Swimming sports are known to provide significant benefits in terms of physical, mental, psychological and motoric development. Improvement in self-esteem and self-efficacy of children interested in swimming are observed by the swimming coaches over time. Sport as one of the psychological factors that influence and determine the performance indicates the concept of self-confidence. The purpose of this research is to evaluate self-efficacy and self-confidence of the swimmers who practice and training as well as pool training in terms of gender. 45 male athletes, 47 female athletes, total 92 athletes (Age; \bar{x} : 12.18 \pm 2.61) participated the study. Data were collected by Self-Efficacy Scale which contained 10 items and developed by Riggs, Warka, Babasa, Betancourt and Hooker and Self-Confidence Scale which contained 26 items and developed by Vealey. Collected data were analyzed by SPSS 22 and T-test was used to analyze the data for independent groups and descriptive statistics. According to findings there is no significant difference among female and male swimmers' Self-efficacy ($t=0.75$; $p>0.05$), trait self-confidence ($t=1.71$; $p>0.05$) and state self-confidence ($t=0.88$; $p>0.05$) in terms of gender. And in the light of analyzed data, there is no significant difference among Self-efficacy ($t=1.74$; $p>0.05$), trait self-confidence ($t=0.544$; $p>0.05$) and state self-confidence ($t=0.975$; $p>0.05$) of female and male swimmers' practicing with and without land training in terms of gender. In the conclusion of this research, it is obtained that there is no significant difference among self-efficacy, trait self-confidence and state self-confidence of male and female athletes inspected in terms of gender. These findings are in parallel with the literature.

Biography

Gonca Eren completed her Bachelor degree at Anadolu University, Faculty of Sport Sciences in 2015. She started her MSc at Anadolu University, Graduate School of Health Sciences in 2016. She is currently working as a Research Assistant in Department of Physical Education and Sport Teaching since 2017.

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