

# The Influences of Self-Efficacy on Intrinsic Motivation Among Woodball Players in Malaysia

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**Abstract.** This study aims to identify the level of Self-Efficacy and Intrinsic Motivation among woodball players in Malaysia. This study also determined the difference between Self-Efficacy and Intrinsic Motivation, investigated relationship between Self-Efficacy and Intrinsic Motivation and looked at the influence of Self-Efficacy on Motivation among woodball players in Malaysia according to gender. The study sample consisted of 177 woodball players in Malaysia (male=106, female=71) who participated in the Penang Open Woodball Championship 2023 (National Woodball Circuit 1) were randomly selected. Instrument used to measure Self-Efficacy is Athlete Self-Efficacy Scale (ASES) while Intrinsic Motivation uses the Sport Motivation Scale (SMS-28) through the distribution of questionnaires. Research analysis involves descriptive and inferential statistics using t-test, and linear regression using SPSS software. Results of the study show that there is no significant difference between male and female players regarding Self-Efficacy and Intrinsic Motivation. Self-Efficacy does not have a positive relationship with Intrinsic Motivation among male woodball players in Malaysia. For female players, the study shows that there are two dimensions namely Professional Thinking Efficacy ( $r=-2.152$ ,  $p<0.05$ ) and Personality Efficacy dimension ( $r=3.235$ ,  $p<0.05$ ) have a significant relationship while the other two dimensions do not have a positive relationship with Motivation Intrinsic. Overall, this study shows that all the dimensions found in Intrinsic Motivation namely To Know, To Accomplish and To Stimulating Experience are factors that affect Self-Efficacy among Malaysian woodball players. The results of this study provide information to the woodball sports development department to increase the Self-Efficacy and Intrinsic Motivation of woodball players.

**Key words:** woodball, motivation, self-efficacy, intrinsic motivation

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## INTRODUCTION

Woodball sports still foreign and rarely heard among the community in Malaysia. History of this woodball game started from Mr Ming-Hui Weng and Mr Kuang-Chu in 1990 in Taiwan. This wooden ball game was born from the intention of an entrepreneur from Taiwan, Ming-hui Weng, who wanted to design a park for his parents in their old age so that they could enjoy the view of nature. Since then, the sport of woodball has grown across countries and continents. Nowadays, woodball sports are becoming more popular and attracting more people's attention. In addition to its simple gameplay, cheap equipment, and flexible execution place, it can also be played by anyone, both children, adults and the elderly. The style of play is very similar to golf, which requires calmness, focus and high skill to ensure that the ball passes into the 'gate'. The existence of woodball associations and clubs across the country is a sign that this sport has begun to gain interest and steal the attention of local sports fans. Woodball generally require concentration, calmness and high self-confidence.

Self-efficacy of a woodball player will determine and influence the level of motivation of a player. Self-efficacy is one way to increase self-motivation and also achieve success in later life. Associating with friends who want to develop themselves and have the potential to achieve success is very important (Wan Afiqah, 2021). Contradiction, the low level of self-efficacy of an athlete leads to feelings of self-doubt and lack of competitiveness and causes a lack of desire to try do something unusual from their routine. In order to increase the awareness of the Malaysian community about the existence of woodball sports and the survival of its development, internal motivation factor (Intrinsic) is the best medium to find out what causes a person to be involved as a player in woodball sports activities. The exercise of motivational aspects is also believed to contribute to athletes' persistence during training and competition (Wilson & Rodgers, 2004). In sports psychology, motivation is emphasized as the main factor in achieving success (Gould, Dieffenbach, & Moffett, 2002). According to Gould (1982), athletes and coaches agree that motivation is one of the most important psychological factors for achievement in sports.

Motivation is an important psychological factor that is often associated with the involvement of athletes in sports. Specific type of motivation will affect psychological character of athletes in sport they engage in (Veale, Eshkevari, Ellison, Costa, Robinso, Kavouni, & Cardozo, 2014). On the other hand, Komarudin (2016) thinks that athlete's motivation is the wish, desire and motivation to fulfill the performance they achieved or by other athletes. Intrinsic motivation can be termed as a tendency to seek innovation and challenge and further use one's ability to explore or learn something. It's a type of motivation that arises from a person's heart. This motivation arises from his own desire to achieve goals such as awareness of his own potential, success, satisfaction and pleasure. Intrinsically motivated athlete will continue to be involved in an activity. Its's born as internal factors and interest without being forced by others. Athletes who have intrinsic motivation will participate in performance training or competitions not because of external incentives such as prizes, praise, appreciation and publicity, but because of their inner satisfaction. In addition, athletes who have intrinsic motivation are usually diligent, hardworking, organized and disciplined in training and do not depend on others. A person who is intrinsically motivated, tend to show a high level of implication in activities, and they show greater involvement and persistence to achieve goals (Ryan and Deci, 2020).

Researcher tries to provide information about level of self-efficacy, intrinsic motivation and the relationship between the two which is important as a guide especially to associations and woodball clubs that exist to attract interest, provide knowledge, convey information, channel activities and popularize woodball to the whole community. This is also important to see the characteristics of woodball players around Malaysia. By knowing the characteristics such as the player's state of origin, age group, gender and playing experience, stakeholders and those responsible for developing and managing this sport get a clear picture of the questions raised in this study. In addition, by determining relationship between self-efficacy and intrinsic motivation, woodball players throughout Malaysia will get answers to why and for what reason they are involved in this woodball. Players who come from different states, have different experiences and are of various ages and necessarily divided by gender got benefit from the results of this study. Additional importance of this study is to provide additional input as well as scientifically accurate information about the sport of woodball which is seen to be too few especially in Malaysia.

This study is an effort to see if there is an influence of self-efficacy on intrinsic motivation which includes goals to knowledge, to accomplish and to simulation of experience. With the assumption that there is a relationship between the dependent variable and the independent variable, the conceptual framework of this study describes the factors that influence and are influenced by a person's self-efficacy. Figure 1.0 shows four (4) dependent variables namely Personality Efficacy, Professional Thought Efficacy, Psychological Efficacy and Discipline Efficacy.

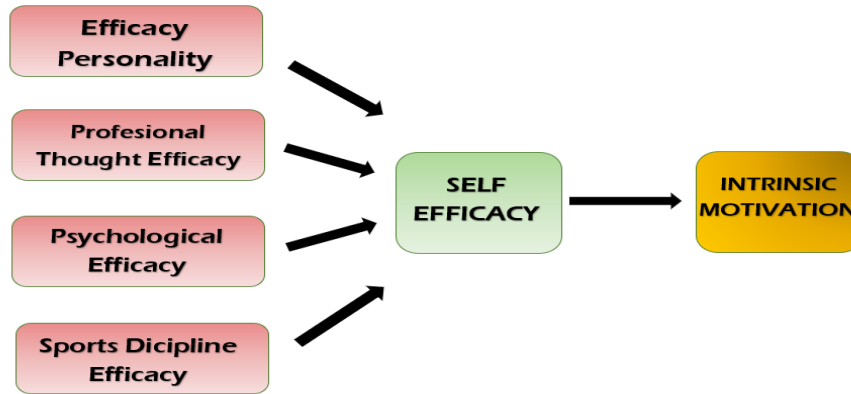


Figure 1. Conceptual Frame

## METHOD

### Research Design

The applied research design is a quantitative analysis aims to obtain a more accurate explanation of the data collected through analysis. It was analyzing data in a systematic and accurate way that converts the numbers, information, hypotheses and objectives obtained to identify relationships between variables. Descriptive statistics were used to obtain the percentage profile of the respondents involved in this study. It's also measured level of a variable and show result in an easy way to understand and put the data in a certain perspective. Inferential statistics were used to test differences between male and female woodball players using Independent Sample T-Test and One-Way Analysis of Variance (ANOVA). For this study, a random sampling method was used to represent the study population. The population for this study is 315 woodball players who participated in the Penang Woodball Championship (Circuit 1 of the 2023 National Woodball Championship). This tournament was held at Vision Park Bertam, Kepala Batas Penang which is participated by players from all over Malaysia male and female aged 15 years and above. The number of 172 samples is an appropriate rate to provide data according to (Krejcie & Morgan 1970).

### Research Instrument

Online questionnaire using the Google Form application was used to obtain data from respondents. It also in order to make it easier for respondents to provide feedback within the set time regardless of their location during the tournament. The questionnaire for self-efficacy is from the bilingual Athlete Self-Efficacy Scale (ASES - Kocak CV 2020) which has 12 items consisting of 3 components, namely the Sport Discipline Efficacy component, the Psychological Efficacy component and the Professional Thought Efficacy component. This questionnaire uses a 5-point likert scale. For intrinsic motivation, it was taken from the Sports Motivation Scale (SMS-28) introduced by Luc G. Pelletier, Michelle Fortier, Robert J. Vallerand, Nathalie M. Brière, Kim M. Tuson and Marc R. Blais, 1995. Just 12 items selected where involve intrinsic motivation only. To give respondents a choice, bilingual questionnaire provided. The three components in this questionnaire are, to know component, to accomplish component and to stimulating experience component. This questionnaire uses a 7-point likert scale. A pilot study was conducted among woodball players who participated in the Selangor Closed Woodball Tournament that took place at Laman Wawasan Puchong Selangor. From the review and feedback obtained, sentence corrections are made before the distribution of the actual questionnaire.

## RESULT AND DISCUSSION

Table 1 shows the number of woodball player respondents by gender. Woodball players based on the table are 106 male players which is 59.9% while female players are 71 which is 40.1%. All respondents are woodball players throughout Malaysia

**Table 1.** Number of respondents by gender

Gender	Frequency (n=177)	Percentage (%)
Male	106	59.9
Female	71	40.1

**Table 2.** Number of respondents by state of origin

State of Origin	Frequency (n=177)	Percentage (%)
Bandar Seri Begawan	1	0.6
Johore	18	10.2
Kedah	6	3.4
Kelantan	13	7.3
Kuala Lumpur	1	.6
Malacca	3	1.7
Negeri Sembilan	4	2.3
Pahang	25	14.1
Perak	23	13.0
Perlis	24	13.6
Penang	5	2.9
Sabah	1	.6
Sarawak	1	.6
Selangor	46	26.0
Terengganu	6	3.4

Table 2 shows the number of woodball player respondents by state of origin. The highest number of woodball players are from the state of Selangor, which is 46 players (26%). Next followed by the second highest state is Pahang with a total of 25 players (14.1%). Perlis state respondents were 24 players (13.6%). While the state of Perak showed a total of 23 players (13.0%) respondents. Respondents from the state of Johore were a total of 18 players (10.2%). Next, the state of Kelantan showed that the number of respondents was 13 players (7.3%). Respondent woodball players Kedah and Terengganu were 6 players each (3.4%). Penang has 5 players (2.9%) responding and Malacca showed that the number of respondents was 3 players (1.7%). While Negeri Sembilan showed the number of respondents as many as 4 players (2.3%). The lowest respondents are from Bandar Seri Begawan, Kuala Lumpur, Sabah and Sarawak which is one person (0.6%). All respondents are woodball players throughout Malaysia and one is from Brunei.

**Table 3.** Number of respondents by age

Age	frequency (n=177)	Percentage (%)
15-20	27	15.3
21-40	49	27.7
41-60	93	52.5
> 60	8	4.5

Table 3 shows the number of respondents according to age where the highest age group is 41 to 60 years old which is a total of 93 players (52.5%). Next followed by the age of 21 to 40 years which is a total of 49 players (27.7%). While the age of 15 to 20 years is as many as 27 players (15.3%). The total number of respondents aged 60 years and above is 8 players (4.5%).

**Table 4.** The number of respondents according to the year of involvement

Year Of Involvement	Frequency (n=177)	Percentage (%)
0-1	42	23.7
2-5	79	44.6
5-10	47	26.6
> 10	8	4.5

Table 4 shows the distribution of frequency and percentage of respondents according to the year of involvement. The highest percentage of respondents involved in woodball for 2 to 4 years totaling 79 people (44.6 %). Next followed the respondent's years of involvement for 5 to 10 years, which is a total of 47 people (26.6 %), while the involvement for 2 years is a total of 18 people (7.2 %). For the year of involvement of respondents for 1 year totaling 42 people (23.7 %) and the year of involvement of 10 years and above are only 8 people (4.5 %).

**Table 5.** Level of Self-Efficacy among woodball players in Malaysia

Dimension	Mean	Standard deviation
Sports Dicipline efficacy	4.35	.663
Psychological efficacy	4.48	.581
Profesional Thought efficacy	4.40	.622
Personality efficacy	4.49	.539

Table 5. The results of the mean score analysis show that the highest value is the Personality Efficacy dimension with a mean value of 4.49 and a standard deviation of .539. While the Psychological Efficacy dimension got a mean value of 4.48 and a standard deviation of .581. Next, the Profesional Thought Efficacy dimension got a mean value of 4.40 and a standard deviation of .622. The Sports Discipline Efficacy dimension got the lowest mean value of 4.35 and a standard deviation of .663. Overall, the mean score value for the Self-Efficacy level among woodball players in Malaysia is 4.43 with a standard deviation of 0.601 and is at a high level.

**Table 6.** Level of Intrinsic Motivation among woodball players in Malaysia

Dimension	Mean	Standard deviation
To know	6.04	.617
To accomplish	6.06	.582
To experience stimulation	5.97	.623

Table 6 shows the level of Intrinsic Motivation among woodball players in Malaysia. Analysis of the mean score shows that the highest value is for the dimension To Accomplish with a mean value of 6.06 and a standard deviation of .582. While the dimension To Know is the second highest with a mean value of 6.04 and a standard deviation of .617. Dimension To Stimulating Experience obtained the lowest mean value of 5.97 and standard deviation of .623. Overall, the mean score value for the level of Intrinsic Motivation among woodball players in Malaysia is 6.02 with a standard deviation of .607 and is at a high level

**Table 7.** Differences in Self-Efficacy levels among woodball players in Malaysia by gender

Dimension	Gender	N	Mean	Std. Deviation	t	p
Sports Dicipline efficacy	Male	106	4.3561	.66453	.074	.941
	Female	71	4.3486	.66746	.074	.941
Psychological efficacy	Male	106	4.4670	.61729	-.409	.683
	Female	71	4.5035	.52694	-.422	.674
Profesional Thought efficacy	Male	106	4.4198	.64045	.450	.653
	Female	71	4.3768	.59892	.456	.649
Personality efficacy	Male	106	4.5094	.52318	.538	.591
	Female	71	4.4648	.56584	.530	.597

Table 7 shows the results of the independent sample T-test of Self-Efficacy for the dimensions of Sports Discipline Efficacy, Psychological Efficacy, Professional-Thought Efficacy and Personality Efficacy. The results of the analysis show that there is no significant difference based on the gender Self-Efficacy.

**Table 8.** Differences in Intrinsic Motivation Levels among woodball players in Malaysia by gender

Dimension	Gender	N	Mean	Std. Deviation	t	p
To know	Male	106	6.0377	.58635	-.122	.903
	Female	71	6.0493	.66496	-.119	.906
To accomplish	Male	106	6.0660	.54587	.030	.976
	Female	71	6.0634	.63628	.029	.977
To experience stimulation	Male	106	5.9505	.63940	-.591	.555
	Female	71	6.0070	.60055	-.598	.550

Table 8 shows the results of the independent sample t-test analysis of Intrinsic Motivation for the three dimensions. The results of the analysis show that there is no significant difference based on the gender of men and women on Intrinsic Motivation.

**Table 9.** Relationship between Self-Efficacy and Intrinsic Motivation among male woodball players

Relationship	r	p	Interpretation
Sports Dicipline efficacy	.977	.331	Not Significant
Psychological efficacy	.955	.342	Not Significant
Profesional Thought efficacy	-.041	.968	Not Significant
Personality efficacy	1.154	.251	Not Significant

Table 9 shows the relationship between Self-Efficacy and Intrinsic Motivation which has three dimensions for males. The results of the linear regression test show that the results of the analysis found that all dimensions, do not have significant differences. Overall, it shows that all dimensions do not have a positive relationship with Intrinsic Motivation among male woodball players in Malaysia

**Table 10.** Relationship between Self-Efficacy and Intrinsic Motivation among female woodball players

Relationship	r	p	Interpretation
Sports Dicipline efficacy	.615	.541	Not Significant
Psychological efficacy	.881	.382	Not Significant
Profesional Thought efficacy	-2.152	.035	Significant
Personality efficacy	3.235	.002	Significant

Table 10 shows relationship between Self-Efficacy and Intrinsic Motivation among female woodball players with three dimensions. The results of the Linear Regression analysis show that the results of the analysis found two dimensions namely Professional Thought Efficacy ( $r=-2.152$ ,  $p<0.05$ ) and the Personality Efficacy dimension ( $r=3.235$ ,  $p<0.05$ ) that have a significant relationship with Intrinsic Motivation. Overall, it shows that two dimensions have a positive relationship with Intrinsic Motivation. While the other two dimensions do not have a positive relationship with Intrinsic Motivation.

**Table 11.** Summary model affecting Self-Efficacy on Intrinsic Motivation among male woodball players

Model	R Square Change	Sig. F Change	Durbin Watson
1	.345	.000	1.440

**Table 12.** Factors that influence Self-Efficacy on Intrinsic Motivation among male woodball players

Item	Standardized Coefficients Beta	t	p
To know	.218	1.402	.164
To accomplish	-.409	-2.510	.014
To experience stimulation	.715	4.573	.000

Table 12. Regression analysis was used to determine factors that influence Self-Efficacy on Intrinsic Motivation among male woodball players. Based on the summary model, the percentage that affects Self-Efficacy on Intrinsic Motivation is 34.5%. Intrinsic Motivation has 3 factors namely To Know, To Accomplish and To Experience Stimulation. Factor to Experience Stimulation has the biggest influence which is 71.5%. While the factor to accomplish has a percentage value of 40.9%. The factor with the least influence is the to know factor where the percentage value is 21.8%.

**Table 13.** Summary model influencing Self-Efficacy on Intrinsic Motivation among female woodball players

Model	R square change	Sig. F change	Durbin Watson
1	.246	.000	1.462

**Table 14.** Factors that influence Self-Efficacy on Intrinsic Motivation among female woodball players

Item	Standardized Coefficients Beta	t	P
To know	.583	1.910	.060
To accomplish	.072	.295	.769
To experience stimulation	-.173	-.663	.509

Table 14. Factors that influence Self-Efficacy on Intrinsic Motivation among female woodball players are determined through regression analysis. Based on the summary model, the percentage that affects Self-Efficacy on Intrinsic Motivation is 24.6%. Intrinsic Motivation is divided into 3 factors namely To Know, To Accomplish and To Experience stimulation. For female woodball players, the factor To Know has the greatest influence which is 58.3%. While the factor To Experience Stimulation has a percentage value of 17.3%. The factor with the least influence is the To Accomplish where the percentage value is 7.2%.

### Level of Self-Efficacy and Intrinsic Motivation among woodball players in Malaysia

Findings of the study show that the respondents have a high level of motivation within themselves. Data analysis has shown that the mean scale for all items related to internal motivation to do a task is not less than 5.9 (refer to table 6). The overall mean level of Intrinsic Motivation among woodball players in Malaysia is 6.02 with a standard deviation of 0.607. This described that the respondent's Intrinsic Motivation is at a high level. Based on findings, several recommendations to increase, foster and maintain the intrinsic motivation of players are identified. Players need to be careful with the use of external rewards and also avoiding excessive external rewards, such as incentives or extrinsic motivators, as they can affect intrinsic motivation over time. Instead, focus on the inherent value and enjoyment of the activity itself. Athlete also can create and participate in optimal challenges and strive to perform activities that are not too easy but still realistic to be implemented in woodball. For example, playing under par on each fairway and provide a level of challenge that matches their own skills. Players need to be surrounded by positive and supportive person who share the same interests. This means the player has to foster a supportive environment while working with other motivated and enthusiastic individuals can also increase intrinsic motivation.

In addition, here are some suggestions to maintain consistency and further increase the self-efficacy of woodball players in Malaysia. Players advised to gain new skills, knowledge and significantly increase self-efficacy by improving skill proficiency in certain areas. Therefore, woodball players need to invest time and effort in learning new skills or improving existing skills by taking courses, attending workshops, or seeking guidance from qualified coaches to develop knowledge and abilities. Players need to engage in positive visualization exercises (Imagery) where players imagine themselves winning a tournament or making a 'gate in one' shot. Consistency and perseverance are necessary aspects of self-efficacy in addition to choosing the right role model to be a reference in improving performance. Players are recommended to participate in international tournaments because competing with international players definitely difficult and a valuable experience. While the impact that will be obtained on self-efficacy is definitely positive, level of play and tournament status with the best players in the field certainly gives a lot of new knowledge.

### Differences in Self-Efficacy and Intrinsic Motivation among woodball players in Malaysia according to gender

Independent Sample T-Test analysis that has been performed on the overall assessment of woodball players on Self-Efficacy is to determine whether the mean is significantly different between male woodball players (mean=4.44, SP=.61) and female (mean=4.42, SP =0.58). Results of the study show that there is no significant difference between male and female players on Self-Efficacy. While the data analysis done on the Intrinsic

Motivation variable showed mean values for male woodball players (mean=6.02, SP=.38) and female woodball players (mean=6.03, SP=.63). Analysis of study show that there is no significant difference based on the respondents of male and female woodball players regarding Intrinsic Motivation. Although the results do not show a significant difference between male and female players, it is important to realize that individual differences exist in each gender, trend or certain general patterns that can affect self-efficacy and intrinsic motivation. Differences in performance expectations and evaluation standards can affect a player's self-efficacy and intrinsic motivation. The role of gender and society's expectations will influence self-efficacy beliefs also intrinsic motivation. Traditional gender norms and stereotypes can lead to perceived ability differences between male and females in sports. Societal factors can impact opportunities, support and recognition thus affecting their self-efficacy and intrinsic motivation. Keep in mind, these differences are not fixed or absolute, and individuals of each gender can have varying levels of self-efficacy and intrinsic motivation. Factors such as personal characteristics, motivation, guidance, and support systems also play an important role in shaping self-efficacy beliefs in woodball.

### **Relationship between Self-Efficacy and Intrinsic Motivation for players in Malaysia according to gender**

Linear Regression Analysis is an analysis that tests whether or not there is a relationship between Self-Efficacy and Intrinsic Motivation. Analysis of the study show that linear regression test found that all dimensions, namely Sports Discipline Efficacy, Psychological Efficacy, Professional Thinking Efficacy and Personality Efficacy have no significant relationship. All dimensions do not have a positive relationship with Intrinsic Motivation among male woodball players in Malaysia. Relationship between Self-Efficacy and Intrinsic Motivation among female woodball players show that the results of the analysis found two dimensions, namely Professional Thinking Efficacy ( $r=-2.152$ ,  $p<0.05$ ) and the Personality Efficacy dimension ( $r=3.235$ ,  $p<0.05$ ) has a significant relationship with Intrinsic Motivation. However, the other two dimensions do not have a positive relationship with Intrinsic Motivation. The efficacy-personality component in ASES has four items consisting of, athlete's effectively cooperate and work in cohesion with stakeholders in the field of sports, act in accordance with fair play, they have high self-confidence and they take responsibility during the competition. A sport culture as a substantial matrix of personality development reflects the inner position of a person's being as the creator of own destiny and is produced by the world of sports, which focuses on the intrinsic value of a sports personality. the higher the self-efficacy is, the higher the exercise participation degree is; otherwise, the lower the exercise participation degree is (Sun, 2010; Koring et al., 2012; Parschau et al., 2013). Meanwhile, Professional Thinking-Efficacy component, described that female athletes focus on taking care of themselves in terms of health (perhaps to look better in terms of body image), manage their woodball training time, train hard on their own (without coercion) regardless of in season or out of season for consistency in performance and achieving targets.

### **Factors that influence Self-Efficacy on Intrinsic Motivation among woodball players in Malaysia according to gender**

The percentage that influences Self-Efficacy on Intrinsic Motivation among male woodball players is 34.5% while female players is 24.6%. Proven that male woodball players have a higher influence percentage value than female woodball players. Nevertheless, the percentage of influence of male and female woodball players is still at a weak level. A high level of self-efficacy provides a solid foundation for players to develop continuous intrinsic motivation and provide self-satisfaction. According to result of the study, Several discussions about the influence of self-efficacy on intrinsic motivation have been identified. Person with a high level of self-efficacy tend to have a strong sense of self-confidence in assessing their own abilities. This makes them feel confident and motivated to explore new things, tackle obstacles, and achieve personal goals. High self-efficacy also means a higher level of resilience. When athletes faces an obstacle or failure, they tend to see the obstacle can be overcome, not as something that cannot be solve. Their intrinsic motivation serves as a drive to improve themselves and achieve satisfaction in achieving their goals. Intrinsic motivation arises from the inner desire to master a skill, achieve the desired performance and also from pleasure and interest that arises naturally then strengthens self-efficacy.

## **CONCLUSION**

The conclusion of this study shows that Self-Efficacy is able to influence Intrinsic Motivation which simultaneously increases the ability and confidence of woodball players in doing their activities. Data from the respondents' feedback obtained regarding self-efficacy and intrinsic motivation of woodball players in Malaysia



shows that it is at a 'high' level. This research also states that there is no significant difference in the level of Self-Efficacy and Intrinsic Motivation of male and female woodball players although there is a significant relationship between the two variables. Therefore, efforts to maintain a consistent level of Self-Efficacy and Intrinsic Motivation among woodball players need to be emphasized in order to improve the quality of their game. This information can also be used by the Malaysian Woodball Association and woodball players around the world to use elements of intrinsic motivation and self-efficacy as part of mental training to improve performance.

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