



Effect of Self-Efficacy: How Athletes with Disabilities in Achieve Achievements?

Ricardo Valentino Latuheru¹, Poppy Elisano Arfanda^{2✉}, Ians Aprilo³

Fakultas Ilmu Keolahragaa, Universitas Negeri Makassar, Makassar, Indonesia¹²³

Article History

Received January 2022

Accepted February 2022

Published Vol.11 No.(1) 2022

Keywords:

Self-Efficacy: Athletes With Disabilities.

Abstract

Self-efficacy is believed to be related to the ability to organize, perform tasks in achieving goals, produce and implement actions to achieve certain skills. This study aims to analyze the level of self-efficacy in athletes with disabilities in South Sulawesi. The study was conducted on 10 athletes with disabilities in South Sulawesi with the criteria for physically disabled and deaf. The data collection technique used a test instrument that adapted from The General Self-Efficacy Scale created by Aristi Born, Ralf Schwarzer & Matthias Jerusalem in 1995, with 10 questions and answers consisting of 4 scales. This questionnaire has been standardized in 32 languages and was adapted in this study in an Indonesian version. Data collection using a google form which is specifically intended for athletes with disabilities in South Sulawesi. The results of all respondents with an average of 75%, and are in the high category and they can overcome any problems that arise both during practice and during matches. The conclusion in this study is that the high self-efficacy of disabled athletes affects many things related to individual skills and abilities as athletes.

How to Cite

Latuheru, R. V., Et al. (2022). Effect of Self-Efficacy: How Athletes with Disabilities in Achieve Achievements?. *Journal of Physical Education, Sport, Health and Recreation*, 11 (1), 12-16.

© 2022 Universitas Negeri Semarang

✉ Correspondence address :

E-mail: poppy.elisano@unm.ac.id

p-ISSN 2460-724X
e-ISSN 2252-6773

INTRODUCTION

The increase in interest and achievement in sports in Indonesia is very rapid. This is related to the maintenance of health and the development of one's physical potential which is carried out consciously. Sport is a physical activity in which there is an element of struggling with oneself and with others that is playful and has a specific purpose. Everyone can do sports, and the sport itself can be adapted to the needs of the community (Setyaningrum et al., 2021).

Persons with disabilities are emphasized on individuals who suffer from physical disorders, intellectual or emotional disorders. It could be because they were born with a disability or an accident that made them disabled (Cassidy et al., 2014). This study discusses athletes with disabilities, due to their limitations and related to the ability to overcome existing problems, both during training and during matches. This is related to the self-efficacy of the athlete.

This self-efficacy is needed to build the athlete's confidence, so that they can master the situation and succeed in doing something to achieve their expectations. The problem that often arises in athletes is anxiety in dealing with certain situations, even when faced with things that have never been experienced before. Many things affect the psychological condition of athletes, one of which is self-efficacy (Anstiss, Paul A.; Meijen, Carla and Marcora, 2018). Self-efficacy also affects a person in making decisions when facing obstacles, solving problems and failures encountered (Mouloud & El-Kadder, 2016).

The ability to achieve achievement is self-efficacy, as well as beliefs about one's ability to take action so as to achieve the desired results. The level of self-efficacy can be shown by how a person deals with emotional stimuli, such as anger and excitement (Mowlaie et al., 2011). Anxiety also affects the appearance of athletes (Safitri & Masykur, 2017). Anxiety in competing is a negative thing that affects athletes which is characterized by emotional disturbance, this is created from individual thoughts as a result of the competition situation. Self-efficacy is also the ability to master situations from the results of education, experience, external environment and adjustment (Wohon AM, 2019).

There are several factors that cause unwanted things to appear in the match, including; The first is the fear of failure, this becomes a threat to the athlete's ego, especially by opponents who are considered weaker. Second, the fear of injury, usually occurs in sports that are body contact,

where the opponent's attack is considered to be able to injure. Third, the fear of social judgment, this arises because of the judgment of the audience, so there is a threat to the athlete's self-esteem. Fourth, the situation of the match that began to be unclear, for example the postponement of the match. Fifth, changes to changes in tactical plans or techniques that are carried out without prior consultation. The emergence of these things will be felt not good for the athlete's appearance, but there is with the presence of self-efficacy (Zulkarnaen & Rahmasari, 2013).

Self-efficacy in sports means the athlete's belief in his ability to perform specific skills that can affect the athlete's emotional and behavior under stressful conditions. Athletes' self-efficacy helps to overcome all obstacles when they are in training and competition. Self-efficacy is related to a person's beliefs related to his duties as an athlete, and fully encourages athlete confidence, and can even be a motivation for athletes. This self-efficacy will encourage athletes to make the right decisions. This is influenced by self-confidence and they believe they can overcome all existing obstacles, so that they will unwittingly improve their own abilities.

This athlete's self-efficacy will influence in making the right decisions in every action taken. This happens because the self-confidence and belief that is owned, is believed to be able to overcome existing obstacles, so that self-efficacy will increase. A high level of self-efficacy will affect all decisions taken. Athletes with high self-efficacy can overcome all obstacles that occur (Zulkarnaen & Rahmasari, 2013). Persons with disabilities are given the opportunity to improve their abilities and self-confidence in showing their full abilities (Baharuddin & Arfanda, 2020). Self-efficacy is a strong predictor in influencing one's career maturity (Fransisca et al., 2020).

Does this self-efficacy affect the performance of athletes with disabilities in South Sulawesi? Based on this, this study aims to analyze the level of self-efficacy of athletes with disabilities in South Sulawesi.

METHODS

This study is a quantitative study, which aims to reveal the level of self-efficacy of athletes with disabilities in South Sulawesi. All research subjects were involved voluntarily and had met the specified criteria, namely athletes from South Sulawesi, with physical disabilities and deafness, teenagers (17-20 years old). Data were collected by filling out a questionnaire that adapted from

The General Self-Efficacy Scale created by Aristi Born, Ralf Schwarzer & Matthias Jerusalem which was released in 1995 (Burns et al., 2013), with 10 questions and answers consisting of 4 scales. This questionnaire has been standardized in 32 languages and adapted in this study is the Indonesian version. The self-efficacy questionnaire is as follows

Table 1. The General Self Efficacy Scale Adapted to Indonesian (<http://userpage.fu-berlin.de/~health/selfscal.htm>)

Question
Difficult problem solving always works, if I try.
I will look for ways and ways out to continue what I have been doing, if anything gets in the way of my goals.
To carry out my intentions and goals, I have no difficulty.
I know how I behave in unexpected situations.
I know how to deal with, if a new conflict arises.
I always have a solution for any problems that arise.
I can rely on my abilities, if I face adversity calmly.
To overcome difficulties, I have many ideas.
I will always be able to handle unexpected events well.
I'm always ready to handle whatever happens

Response Format:

- Score 1 = strongly disagree
- Score 2 = disagree
- Score 3 = agree
- Score 4 = strongly agree

This questionnaire was distributed using a google form. Data were analyzed using percentages.

RESULTS AND DISCUSSION

Based on the data collected through the questionnaire, it can be seen how the level of self-efficacy of athletes with disabilities in South Sulawesi is. Writing This study focuses on sports achievements of athletes with disabilities in South Sulawesi. The results of the questionnaire Indonesia Adaptation The General Self-Efficacy Scale are as follows :

Table 2. Assessment Data for Indonesia Adaptation The General Self-Efficacy Scale

Name	1	2	3	4	5	6	7	8	9	10	Mark
ML	4	4	3	4	4	4	3	4	4	4	38
N	3	4	2	3	2	3	2	3	3	3	28
K	3	4	4	3	3	3	4	3	4	3	34
LR	3	3	2	3	3	3	3	3	3	3	29
YW	3	3	3	3	3	3	3	3	3	3	30
My	4	4	3	3	3	3	3	3	3	3	32
Ch	4	3	3	4	3	3	3	3	4	3	33
SY	4	3	2	3	3	3	3	3	3	4	31
Mrs	4	3	3	3	3	3	4	3	3	4	33
WR	3	3	3	3	3	3	3	3	3	3	30
Total value											318
Average											31.8

Table 2 shows that the values obtained by ML are 38, N is 28, K is 34, LR is 29, YW is 30, Ku is 32, Ch is 33, SY is 31, Ny is 33 and WR is 30. a value of 318 and an average of 31.8.

Table 3. Frequency Distribution of Self-Efficacy

Categori	Norm	Mark	Fre-quency	%
Very High	(M+1.5SD)X	34-40	2	25
High	(M+0.5SD)X < (M+1.5SD)	28-33	8	75
Cur-rently	(M-0.5SD) X < (M+0.5SD)	22-27	0	0
Low	(M-1.5SD) X < (M+0.5SD)	16-22	0	0
Very Low	X < (M-1.5SD)	10-15	0	0

Table 3 shows the frequency distribution of the self-efficacy of athletes with disabilities in South Sulawesi with the results in the very high category of 25% (2 people), high category of 75%, (8 people).

The results above, it can be seen that only two people have very high levels of self-efficacy, namely ML and K. ML is a Paralympic triathlon athlete with normal one leg condition. And K is an athletic athlete. The average of the results of the questionnaire states that 75% of athletes with disabilities have a high level of self-efficacy. This shows that athletes with disabilities also have the same level of self-efficacy as normal people in general. Where they can overcome problems that arise during practice or during matches. This

is supported by a similar study on athletes with disabilities in the city of Surakarta. They stated that their opponents were the same as them, fellow athletes with disabilities (Wibowo & Uyun, 2020).

Several studies in the field of exercise and physical activity have shown a consistently significant relationship between self-efficacy and performance. In some studies, the term self-efficacy is also used to express confidence in performing skills. Several studies have been conducted between the causal relationship in Bandura's theory and sports activities (Zetou et al., 2012), stated that having a good level of self-efficacy is important because it is one of the most significant factors affecting performance in a game or match. Disability athletes with high self-efficacy will be able to overcome anxiety, stress and depression. They will be able to go through the obstacles that are in front of them.

The high self-efficacy will affect the level of anxiety felt. Self-efficacy will be considered optimal if the athlete can overcome the problems that arise. To reduce anxiety levels, athletes must have self-efficacy to help them think positively, thereby generating motivation (Wiguna & Budisetyani, 2020). Every athlete has a different view of his abilities, this affects the hopes and beliefs of athletes to achieve achievements. Through belief in their abilities, athletes can overcome every obstacle, pressure and burden they face. It is the assessment of self-efficacy that determines how hard the athlete trains and how much confidence he has in achieving his goals.

Self-efficacy will appear if an athlete has good performance, where physical condition and psychological condition go hand in hand. This shows that physical limitations for athletes with disabilities do not prevent them from having high self-efficacy. The appearance of an athlete is influenced by various factors to improve sports performance, one of which is the athlete's belief in abilities that can lead to behavior as expected (Hapsari & Sakti, 2016). High self-efficacy is also related to mental toughness (Sari, 2015).

CONCLUSION

From this study, the use of The General Self-Efficacy Scale questionnaire showed that the self-efficacy of athletes with disabilities in South Sulawesi was in the high category. High self-efficacy proves that all problems that arise can be handled well, including anxiety, low self-confidence and confidence. Disability athletes who have high self-efficacy will also last longer in

career development and will help improve their performance. It is hoped that the research will help athletes with disabilities to improve their self-efficacy.

REFERENCES

- Anstiss, Paul A.; Meijen, Carla and Marcora, S. (2018). The sources of self-efficacy in experienced and competitive endurance athletes. *International Journal of Sport and Exercise Psychology*, 37.
- Baharuddin, & Arfanda, P. E. (2020). Survey Of Physical Education Learning Models Based On Games For Children With Special Needs At Pandemy Covid-19. 1452–1458.
- Burns, G. N., Jasinski, D., Dunn, S., & Fletcher, D. (2013). Academic support services and career decision-making self-efficacy in student athletes. *Career Development Quarterly*, 61(2), 161–167. <https://doi.org/10.1002/j.2161-0045.2013.00044.x>
- Cassidy, T., Jones, R., & Potrac, P. (2014). *Understanding Sports* (2nd ed.). Taylor & Francis.
- Fransisca, E., Suryanto, S., & Matulesy, A. (2020). Efikasi Diri dan Dukungan Sosial Guru dengan Kematangan Karir Siswa. *Indonesian Psychological Research*, 2(1), 29–38. <https://doi.org/10.29080/ipr.v2i1.230>
- Hapsari, R., & Sakti, H. (2016). Hubungan Antara Persepsi Terhadap Gaya Kepemimpinan Pelatih Dengan Efikasi Diri Pada Atlet Taekwondo Kota Semarang. *Empati*, 5(2), 373–377.
- Mouloud, K., & El-Kadder, B. A. (2016). Self-efficacy, Achievement motivation and Anxiety of Elite Athletes. *IOSR Journal of Sports and Physical Education*, 03(04), 45–48. <https://doi.org/10.9790/6737-03044548>
- Mowlaie, M., Besharat, M. A., Pourbohloul, S., & Azizi, L. (2011). The mediation effects of self-confidence and sport self-efficacy on the relationship between dimensions of anger and anger control with sport performance. *Procedia - Social and Behavioral Sciences*, 30, 138–142. <https://doi.org/10.1016/j.sbspro.2011.10.027>
- Safitri, D. P., & Masykur, A. M. (2017). Hubungan Efikasi Diri Dengan Kecemasan Menghadapi Kejuaraan Nasional pada Atlet Tenis Lapangan Pelti Semarang. *Empati*, 6(2), 98–105.
- Sari, I. (2015). An investigation of imagery, intrinsic motivation, self-efficacy and performance in athletes. *Anthropologist*, 20(3), 675–688. <https://doi.org/10.1080/09720073.2015.11891773>
- Setyaningrum, R. K., Febrianti, R., & Santoso, S. (2021). Studi Perkembangan Sekolah Khusus Olahraga Disabilitas (SKOD) Indonesia Tahun 2019-2020. 7(1), 30–37.
- Wibowo, A. A., & Uyun, Z. (2020). Efikasi Diri Atlet Panjat Tebing Difabel.
- Wiguna, N. M. A. ., & Budisetyani, I. G. A. P. . (2020). Efikasi Diri dan Goal Setting Terhadap Kece-

- masan Menghadapi lomba Pada Atlet Renang Klub di Denpasar. *Jurnal Psikologi Udayana*, 1(Kesehatan Mental dan Budaya), 122–131.
- Wohon AM, E. A. (2019). Hubungan Antara Efikasi Diri Dengan Kecemasan Bertanding Pada Atlet Futsal Universitas Diponegoro Semarang. Hubungan Antara Efikasi Diri Dengan Kecemasan Bertanding Pada Atlet Futsal Universitas Diponegoro Semarang, 8(2), 64–70.
- Zetou, E., Vernadakis, N., Bebetos, E., & Makraki, E. (2012). The effect of self-talk in learning the volleyball service skill and self-efficacy improvement. *Journal of Human Sport and Exercise*, 7(4), 794–805. <https://doi.org/10.4100/jhse.2012.74.07>
- Zulkarnaen, A. A., & Rahmasari, D. (2013). Hubungan antara self-efficacy dan optimisme dengan kecemasan pada atlet beladiri aikido. *Character*, 2(2), 1–7.