

# The Contribution of Self-Efficacy by Performing the Skill a Front Handspring on the Mat Floor Movement of Gymnastics for Students

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## Abstract

The study aimed to identify the level of self-efficacy and the numerical values of the results of the performance of the front hands jump skill on the ground movement rug in the gymnasium of the students, and to identify the percentage of the self-efficacy contribution to the performance of the front hands jump skill on the ground movement rug in the homemaking of the students, the researchers adopted the descriptive approach in the method of relational relations on a sample of (82) students deliberately chosen (89.13%) from their community represented by the third stage students in the Department of Physical Education and Sports Sciences at the College of Basic Education / Al-Mustansiriyah University who are continuing the official working hours for the academic year (2020/2021), the self-efficacy scale, which is specially prepared for students of colleges and departments of physical education and sports sciences, and videography to test the students' performance of the front hand jump skill on the ground movement rug in the gymnastics was adopted, and the researchers applied these two tools on the sample and processed its results with the (SPSS) system to make the conclusions and applications that the third stage students need In the Department of Physical Education and Sports Sciences in the College of Basic Education to improve the level of self-efficacy and improve their level of performance skill a front handspring on the mat floor movement of gymnastics for students, Self-efficacy is positively related, contributes and affects the improvement of their performance level for this skill, and it is necessary to intensify efforts between teachers of gymnastics and specialists in sports psychology and their cooperation to support raising the level of self-efficacy according to scientific principles that are not improvised because of its important role in improving the performance of the skill a front handspring on the mat floor movement of gymnastics for students.

**Keywords:** *Self-efficacy, performing, skill, handspring*

## Introduction

Self-efficacy is defined as the subjective judgment of the subjective abilities to organize and implement a set of actions to implement the set goals and evaluate its level, general, and strength through activities and contents, and the level of self-efficacy refers to its dependence on the difficulty of the specific task such as spelling of increasingly difficult words, the general refers to the transformation of self-efficacy beliefs through activities such as the shift from algebra to statistics, and the strength of perceived competence is measured by how confident an individual is when performing the given task<sup>16</sup>. Self-efficacy is also defined as the student's beliefs about his abilities in performing

a task and completing it. Self-efficacy has been studied across different areas of human activities, and through the results of those studies, applications for educational practices and future research have been reached<sup>15</sup>, it is also defined as the individual's belief in his abilities to organize and implement the set of actions necessary to benefit the accomplishments given and it has been suggested that self-efficacy beliefs influence motivation, feelings, and actions significantly<sup>12</sup>. Self-efficacy is also defined as "a behavior-oriented function that is based on preparing or preparing for behavior, controlling it and real planning for it, in a specific field that affects the change and production of behavior among individuals, specifically it affects the ability of individuals to

approach or move away from the specified field, and on the level of real performance in that. The field, the tendency, and the desire to continue and complete the tasks associated with him. <sup>13</sup>, self-efficacy also refers to “the individual’s perception of his abilities to perform educational tasks at desirable levels, that is, it means the person’s actual ability in the various study subjects within the classroom and is affected by a number of variables, including the size of the classroom, the age of the students and the level of academic readiness for academic achievement”, (Nevin, 2011), self-efficacy is one of the components of the subjective or personal determinants of self-organized learning, as it includes three determinants or factors, which are personal, environmental, and behavioral determinants, and the interaction and exchange between those determinants is the basis on which Bandura’s Social Cognitive Theory is based. <sup>1</sup>, Likewise, the reciprocal relationship has an explanation summarized in that “Self-efficacy supports individuals in the process of stress management, including stress tolerance, the ability to cope with severe emotions”, and dealing with pressure with effectiveness and confidence, and controlling impulse (Impulse Control) resistance to emotional stimulus or delay by taking the appropriate time to think, and the individual who possesses this ability is characterized by his acceptance of aggressive impulses and control of aggressive behavior. ” <sup>6</sup> Mobility in sporting activities is a high degree of motor coordination, meaning the ability to show appropriate movement actions in certain circumstances based on previous motor experiences or mastered skills, and in other words the athlete’s ability to act in movement in the face of different conditions during performance. ”(Abu Al-Ela, 2012), and that the motor linking process is through the athlete’s ability to coordinate the partial movements of his body with each other in space and time, and the movement and performance of this coordination when confronting the opponent or using the tool. ” <sup>14</sup>.

#### **Research problem :**

Through the work of researchers in the academic field in university teaching, they noticed a weakness in the performance of the front hand jumping skill on the rug of ground movements in homemaking among students, which by retreating from improving it could lead to preventing the achievement of the objectives

of the lessons, and this is one of the problems that require finding solutions to them in the field. The athlete, especially in this sports educational environment, which prepares specialized outputs that serve in various sports institutions and formations, to be the research problem as an attempt to answer the question of the following problem: Is self-efficacy related, contributing, and influencing the performance skill a front handspring on the mat floor movement of gymnastics for students?

#### **Research objective:**

Identify the level of self-efficacy and numerical values of the results of the performance of the front hands jump skill on the rug of ground movements in the gymnastics of students, and identify the percentage of the contribution of self-efficacy by performing the skill a front handspring on the mat floor movement of gymnastics for students.

#### **Research hypotheses :**

The researchers assume that there is a significant correlation between the results of the self-efficacy scale and the results of skill a front handspring on the mat floor movement of gymnastics for students.

#### **Research methodology and field procedures:**

##### **Research Methodology:**

The researchers used the descriptive approach to solve this problem.

##### **Research community and sample:**

The limits of society are represented by students of the third stage in the Department of Physical Education and Sports Sciences in the College of Basic Education / Al-Mustansiriyah University who are continuing in the official working hours for the academic year (2020/2021) of (92) students from whom (82) students were intentionally chosen at a rate of (89.13%), and ( 10) Students of the exploratory sample (10.87%) for achieving the research objectives.

##### **Measuring tools and procedures:**

The researchers used the self-Efficiency scale of (Sami Mohsen Al-Khattinah 2013), which is specially designed for students of the Faculties and Departments

of Physical Education and Sports Sciences from (Zaid, 2020) with a total score ranging between (195) 39 degrees and a hypothetical mean of (117), which is one of the paper and pencil scales. Which, the higher its degree, the better the phenomenon, and as shown in appendix (1), the researchers also adopted video imaging to test students' performance of the front hand jumping skill on the carpet of ground movements in gymnastics and evaluated it from (3) judges of (10) degrees, and the researchers verified the apparent validity of the self-sufficiency scale from external sources with more than (80%) of agreement. Arbitrators numbering (11), which resulted in keeping it as it is without any amendments, in addition to verifying the consistency by applying it to the exploratory sample of (10) by the half-segmentation

method with the (Horst) coefficient for the inequality of the two parts, which reached (0.898) at a level of significance (0.05) and a degree of freedom (8), and then applying the scale and skill test on the application sample The age of (82) teachers for the period extending from Sunday (22/12/2019) until Thursday (30/1/2020), the researchers verified that the results were processed using the Statistical Package System (SPSS) version (V26) by automatically extracting each of the percentage values, the arithmetic mean, the standard deviation, the stability parameter (Horst), the t-test for one sample, and the linear (regression) factor (Linear Correlation Coefficient), contribution ratio, standard error of estimation, match quality (F) test, and linear regression (T) test tilt.

### Discuss the Results

**Table (1) shows the results of the level of the two variables of the study in comparison with the hypotheses for each of them.**

variables	Total marks	Hypothetical Mean	Mean	Std. Deviation	(T) value	Sig level	Sig type
Self-efficacy	195	117	98.54	12.753	13.11	0.000	Sig
Skillful performance	10	5	3.66	1.541	7.881	0.000	Sig

The unit of measurement (degree) n = (82) degree of freedom (81) significance level (0.05) D. If (Sig) > (0.05)

**Table (2) shows the results of the simple correlation coefficient, the linear regression, the contribution rate, and the standard error.**

Impactful scale	Affected by the test	R	(R) <sup>2</sup>	Contribution rate	Standard error
Self-efficacy	Skillful performance	0.91	0.828	0.826	0.643

**Table (3) shows the results of (F) test to check the quality of fitment of the linear regression model(R<sup>2</sup>).**

Impactful scale	Affected by the test	Variance	Total squares	Freedom degrees	Average squares	(F) value	Sig level	Sig type
Self-efficacy	Skillful performance	regression coefficient	159.375	1	159.375	385.619	0.000	Sig
		Error	33.064	80	0.413			

Significance level (0.05) n = (82) The value of (F) is a function if the value of (Sig) > (0.05)

**Table (4) shows the results of the estimates of the fixed limit and the slope (effect).**

Affected	Variables	b	Standard error	(T) Value	Sig level	Sig type
Skillful performance	Fixed limit	-7.179	0.556	12.902	0.000	Sig
	Mindfulness	0.11	0.006	19.637	0.000	Sig

Significance level (0.05) n = (82) (t) significant value if (Sig) score > (0.05)

Table (1) shows that the level of each of the two desired variables exceeds the hypothesis for each of them, and the results of Table (2) show the relationship of correlation and the contribution of self-efficacy to the performance of the front hand jump skill on the rug of ground movements in the sense of the students, whose significance confirms the results of table (3) with the quality of reconciliation this is a linear regression, while the rest of the contribution of (0.174) is attributed by researchers to random, unexamined factors, the results of table (4) came to confirm the effect of self-efficacy by performing the front hand jump skill on the rug of ground movements with homemaking among students. The researchers attribute the emergence of this result to the role of self-efficacy, which is a psychological factor supporting the skill factor and its role in it to enable students to perceive themselves and support them with confidence. Confidence is very important to avoid confusion for the student performing the questioned skill, especially as it is characterized by speed and transmission of movement momentum between parts of the body and a moving balance to require controlling or controlling emotions during skill performance, self-competence also provides support for the skillful performance on the grounds that it is necessary for the performing student to possess knowledge about the skill to be a catalyst towards insisting on mastering the performance, and this is an incentive for the performance behavior and stimulates him positively to enhance the perception of what the performing student is doing, to give this result a meaning that it is The higher the level of self-efficacy of the students, the more it enables them to raise their level in performing the skill of the front hand jump on the mat of ground movements in your gymnastics, self-efficacy depends in part on self-awareness or the image that the learner develops about himself, because self-efficacy depends in large part on

the degree of the learner's competence in his ability in general, and competence is not synonymous with ability" (Youssef, 2004), "Self-efficacy is specific to certain tasks that cannot be conceived as a general personality trait. A person may have high self-efficacy in solving mathematical problems and at the same time a low level of competence in making speeches." (Taher, 2012), as "Self-efficacy affects individuals' choices of activities that they participate in, how much effort they spend in a situation, how much time they spend in performing a task, as well as their emotional responses while anticipating or engaging in a situation, and it is clear that individuals think, feel and act differently. In situations in which they feel confident in their abilities, from situations in which they do not feel safe or competent, and then individuals will differ in their thoughts, motivation, emotions and performance in situations according to the differences between them in the competence of the perceived self. (Profven Lawrence, 2010) and "Individuals depend on their psychological and physiological states in their assessment of their capabilities or potentials, Tense reactions can be interpreted as signs of weakness leading to poor performance, and the feeling of fatigue and pain in activities that require strength and endurance can be interpreted as signs of poor self-efficacy while a bad mood weakens them, and then the intensity of physical and emotional reactions is not the important factor, but what is important is how to perceive and interpret individuals have it in terms of having high or low self-beliefs. Also, "Self-efficacy affects individuals "choices in the activities that they participate in, how much effort they exert in a situation, and how much time it takes to perform a task, as well as his emotional responses while anticipating a situation or absorbing it in it, and it is clear that individuals think, feel and act differently in situations in which they feel confident in their abilities, from situations in which they do not feel safe or

competent, and therefore individuals will differ in their thoughts, motivations and emotions. Their performance in attitudes according to their differences in perceived self-efficacy.

### Conclusions

- Third-year students in the Department of Physical Education and Sports Sciences in the College of Basic Education need to improve their level of self-efficacy.

- Students of the third stage in the Department of Physical Education and Sports Sciences in the College of Basic Education need to improve their performance level of the skill a front handspring on the mat floor movement of gymnastics .

- Self-efficacy is related, contributed and influenced positively by improving the level of their performance of the front hand jump skill on the ground movement carpet in the gymnastics among the third stage students in the Department of Physical Education and Sports Sciences in the College of Basic Education.

### Recommendations:

- It is necessary to intensify efforts between gymnastics teachers and specialists in sports psychology and their cooperation to support raising the level of self-efficacy according to non-improvisational scientific foundations because of its important role in improving the performance of skill a front handspring on the mat floor movement of gymnastics for students.

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