

## Psychological Concepts: Self-efficacy and Sport Achievement Motivation

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### ملخص:

على مدى العقود القليلة الماضية، اهتم المدربون والمتخصصون من مختلف الرياضات بالجانب العقلي للأداء الرياضي، يتفق المحترفون الرياضيون على أن الأداء الرياضي لا يتأثر بالمهارات البدنية فحسب، بل يتأثر أيضًا بالمهارات النفسية. تناولت هذه الدراسة مراجعة أدبيات هاتين الخاصيتين النفسيتين للرياضيين.

### Abstract:

Over the past few decades, coaches and specialists from various sports have paid attention to the mental aspect of sports performance. Sports professionals agree that athletic performance is affected not only by physical skills but also by psychological skills. This literature review has addressed two psychological characteristics of athletes.

**Keywords:** self-efficacy; sport achievement motivation; sports.

## **Introduction**

To reach a high level in sports, talent must be combined with hard work and the right psychological profile. In sports today, everyone knows the best training methods, has access to the best facilities and most nutritional foods. The difference between good and elite is often the mental qualities of the athletes. This paper focuses on three psychological characteristics of athletes: self-efficacy and sport achievement motivation. More specifically, I wanted to look at what distinguishes an elite athlete from an elite athlete in relation to these topics, and the relationship between these three characteristics.

The recent years witness the increasing participation of young people in training programs and sports competitions, this is due to many reasons, the most important of which is the increase in positive attitudes towards sport, which has increased the interest of parents in the participation of their children in training and competition programs (Badreddine, 2014), Because sports programs are important for young people in ending psychological tensions, states of nervous tension and various psychological pressures in light of the technical scientific revolution (Kenioua, 2018), These programs contribute to achieving performance and future aspirations(Al-Janabi & Sayeh, 2014). The youth stage is considered an essential stage in growth, as it is characterized by coordination and mastery of the motor sports skills and play plans, as this stage is characterized by stability, tendencies and depth in the desired specialization, and thus work more, and try to achieve what is better (snow, 2012). The young football player works during training and competitions to prove self-efficacy, the latter is an important force that explains the achievement motivation (Kenioua, 2018).

### **Self-efficacy and sport achievement motivation**

Bandura (1982) emphasized that the individual's beliefs about his self-efficacy arise through cognitive awareness of personal abilities, and multiple experiences, whether direct or indirect. The theory of self-efficacy is based on judgments made by an individual about his ability to perform certain behaviours, Self-efficacy is not just general feelings, but an evaluation by the individual of himself for what he can do (Awatef,1993), Bandura (1997) pointed out the importance of adolescence in developing self-efficacy, as He believes that adolescence has a major role in developing self-efficacy in dealing with sociological stimuli. Bandura (1977) indicated that self-efficacy is the judgment of the ability to accomplish a specific behavioural model, and He developed this definition by proposing the concept of "beliefs of self-efficacy" (Bandura,1997), the concept of self-efficacy is described as being influential in nature and capable of explaining the behaviour necessary to understand individuals 'dealings with their environments and to build the relationship between knowledge and behaviour(Bandura,1982).

Sport achievement motivation which means the player's willingness to accept or refrain towards a position towards sports achievement, especially sports competition, is considered one of the pillars of excellence (Abdel Halim, 2009). Atkinson (1964) defined achievement motivation as the individual's willingness to achieve success. Atkinson explained that the motivation indicators for achievement in terms of their strength and weakness are represented in trying to reach the goal and insistence to achieve it, The definition of Johnson & McClelland (1984) coincided with the definition of Atkinson, where they defined achievement motivation as the tendency to success and the individual's desire to be performing at the level of excellence or is the strong desire to complete goals better; the motivation of participation among individuals focuses on the reason for

their coming to sports activity, it may be the motivation for that in order to achieve success, or an improvement in performance, the motivation for achievement is often considered related to competitiveness (Weinberg & Gould, 2015). The level of aspiration is one of the most important features, as it is the motivation that collects forces and arranges ideas to raise the level of life from one stage to another advanced stage (Hussein Bakr, 2018). It must be distinguished between aspiration and the level of aspiration; aspiration is a pre- perception, but the level of aspiration is the result of quantitative measurement (Hassan, 2005). Kenioua (2018) defined the level of aspiration as the level of progress and success that the player wants to reach, according to his individual capabilities, within the limits of his previous experiences of success and failure.

#### **Relation between self-efficacy and sport achievement motivation**

The concept of self-efficacy in the sports field is related to the variable of sports achievement motivation, as self-efficacy works to enhance motivation or impede it towards sports achievement, players who have a high level of self-efficacy and a good level of sports achievement motivation will be better than others during sports situations and events (Ajwa, 1993; Tod, 2014), the self-efficacy and sports achievement motivation are essential for players as they face changing situations such as competitor, Arbitration, fans, and climatic conditions, which requires their own self-efficacy to help them develop their motivation towards sports achievement (Kenioua, 2018). Self-efficacy is also linked to the level of aspiration, As the latter is one of the most important features, it is the motive that leads the individual to the best (Al-Mashikhi, 2009; Ajwa, 1993), As long as aspiration exists with the player, He seeks to develop his skills and capabilities and achieve the desired goals ( Kenioua, 2018).

## **Conclusion**

Performance accomplishments are the strongest source of self-efficacy, it stands to reason that these performance accomplishments enhance self-efficacy and that these increased feelings of self-efficacy then have a positive effect on subsequent performance. Hence, we see a reciprocal relationship between self-efficacy and performance. Interestingly, self-efficacy also allows individuals to overcome adverse experiences without any lasting damage to their sense of self. Achievement motivation is the tendency to strive for success, persist in the face of failure, and experience pride in accomplishments. Achievements motivation in sport exercise settings focuses on self-competition whereas competitiveness influences behavior in socially evaluative situations.

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