

**DETERMINING THE RELATIONSHIP BETWEEN SELF-EFFICACY,
PERCEPTION OF SUCCESS AND MOTIVATION IN JUNIOR NATIONAL
WRESTLING TEAM ATHLETES ¹****GÜREŞ YILDIZ MİLLİ TAKIM SPORCULARIN ÖZ-YETERLİK, BAŞARI
ALGISI VE GÜDÜLENME DÜZEYLERİNİN BELİRLENMESİ***Ayşe TÜRKSOY¹, Burcu GÜVENDİ¹, Mustafa ŞAHİN², Murat KORKMAZ³*¹ *Istanbul University, Faculty of Sport Sciences, Sporda Psycho-social Fields A.D. Istanbul / Turkey*² *Karadeniz Technical University, Fatih Education Faculty, Guidance and Psychological Counseling A.D. Trabzon / Turkey*³ *Güven Group Inc. Board Member, Istanbul / Turkey*

Öz: Çalışmanın amacı güreş yıldız milli takım sporcularının öz-yeterlik, başarı algısı ve güdülenme düzeylerinin bazı bağımsız değişkenlere göre belirlenmesi ve aralarındaki ilişkinin tespit edilmesidir. Araştırmanın evrenini; yıldızlar kategorisindeki milli sporcular oluştururken örneklemini ise kamplarda yer alan ve çalışmaya katılan yaş ortalamaları 16.21± 0.73 olan 15 kız, 40 erkek toplam 55 sporcu oluşturmaktadır. Veri toplama aracı olarak; 'Başarı Algısı Envanterinin Çocuk Versiyonu', 'Güdülenme Ölçeği' ve 'Öz-yeterlik Ölçeği' kullanılmıştır. Verilerin değerlendirilmesinde normal dağılım koşulları yerine gelmediği için istatistikî yöntem olarak; betimleyici istatistikler, Spearman Korelasyon Analizi, non-parametrik testlerden Kruskal Wallis ve Mann-Whitney U testleri kullanılmıştır. Yapılan analizler sonucunda güreşçilerin öz-yeterlikleri orta düzeyde, görev ve ego yönelimleri yüksek düzeyde bulunmuştur. Dışsal ve içsel güdülenme puanları yüksek, güdülenmemeye puanları ise orta düzeydedir. Korelasyon analizi sonucunda, görev yönelimi ile içsel güdülenme arasında orta düzeyde pozitif yönde ve görev yönelimi ile dışsal güdülenme arasında ise düşük düzeyde pozitif yönde anlamlı ilişki görülmüştür. Ego yönelimi ile içsel güdülenme arasında orta düzeyde pozitif yönde anlamlı ilişki tespit edilmiştir. Öz-yeterlik ile içsel güdülenme ve dışsal güdülenme arasında orta düzeyde pozitif yönde anlamlı ilişki olduğu belirlenmiştir. İçsel güdülenme alt boyutu olan 'uyaran yaşamak için içsel güdülenme' boyutunda katılımcıların cinsiyetleri açısından anlamlı bir farkın olduğu görülmüştür (Z=-2.460, p<0.05). Katılımcıların cinsiyete (Z=-2.164, p<0.05) ve spora başlama yerine göre (Z=-2.171, p<0.05) görev yönelimlerinde anlamlı bir farkın olduğu belirlenmiştir. Görev ve ego yönelimi, öz yeterlik ve güdülenme düzeylerinde yaş, spor yılı ve millilik sayısına göre anlamlı bir fark yoktur. Cinsiyet açısından kızların içsel güdülenme ve görev yönelimli olma düzeyleri erkeklerden daha yüksek olduğu ayrıca güreşe spor kulüplerinde başlayanların, güreş eğitim merkezinde başlayanlara göre görev yönelimli olma düzeylerinin daha yüksek olduğu görülmüştür.

Anahtar Kelimeler: Güreş, Öz Yeterlik, Güdülenme, Başarı Algısı

Abstract: The purpose of this study was to determine the level of self-efficacy, perception of success and motivation of junior national wrestling team athletes according to some independent variables, and to investigate the relationship between them. A total of 55 athletes composed of 15 girls and 40 boys (age=16.21± 0.73) taking part in the national camps participated in the study. 'The Children's Version of the Perception of Success Questionnaire', 'Motivation Scale' and 'Self-Efficacy Scale' were used to collect data. Spearman's Product Moment Correlation, Kruskal Wallis and Mann-Whitney U tests being the non-parametric tests were used in the data analysis in which normal distribution conditions were not fulfilled. According to the results, self-efficacy, task and ego orientations of the wrestlers were found to be at middle level and high level, respectively. The scores of extrinsic and intrinsic motivation were high whereas motivation scores were at middle level. Correlation analysis showed that there were mid-level positive correlation between the task orientation and intrinsic motivation and also a low-level positive correlation between task orientation and extrinsic motivation. Mid-level positive correlations were determined between ego orientation and intrinsic motivation and also between self-efficacy and intrinsic motivation. Significant differences were observed in intrinsic motivation to 'experience stimulation' by gender (Z=-2.460, p<0.05) and also in task orientations by gender (Z=-2.164, p<0.05) and by place to start wrestling (Z=-2.171, p<0.05). There were no significant differences in the level of task and ego orientations, self-efficacy and motivation by age, sport year and the number of being national athletes. The levels of intrinsic motivation and task orientation of girls were higher than the boys with regard to gender and also the individuals who started wrestling in the sports clubs had higher level of task orientation than those who started wrestling in the wrestling training center.

Key Words: Wrestling, Self-Efficacy, Motivation, Perception of Success

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INTRODUCTION

After the effect of psychological factors in sports and exercise on performance and the effect of the type of exercise done or sports branch on psychological states of individuals gained importance, the studies conducted in this field accelerated (Smith, 2014:261; Türksoy et al., 2015:301-306). Actually a successful performance is the basis of sports and some parts of this basis are composed of psychological factors. The above-mentioned psychological factors become more important for such combat sports as wrestling in which two individuals perform it in order to maintain a superior position by combining body and intelligence (Şahin, 2005; Pettersson and Berg, 2014:98-109).

The wrestlers in the age group of 15-17 are in a period where lots of acquisitions wait for them to obtain on the way to become an elite athlete by their age group and they are determined as reserve athlete for teams. Wrestlers must be provided with not only support in sports, but also with nutritional, social and psychological support at maximum level in this period (Cicioğlu et al., 2007:151-156). The pre-condition for the emergence of successful performance is to give an opportunity to athletes. In studies laying emphasis on the perceptions related to the group success rather than personal success, it is observed that retroactive success perceptions of self-efficacy belief do have any

effect on current and future success expectations (Öcal and Aydın, 2009:155-174). But the case is different for individual sports in which self-discipline improves, the feeling of struggle is gained, the characteristic of leadership and self-confidence develops, dangerous exercises increase the courage, communication skills develop, aggressive urges are removed naturally or in line with the social rules, the relation between athlete and trainer develops and the socialization process of athlete accelerates (Başer, 1986). In individual sports, athletes work with the trainer closely, the leadership styles adopted by the trainer affect the success perception of athletes in a different way, the behaviors in sports environment are enlightened and the definitions of success are shaped (Kelecek et al., 2012:12-14). Roberts, Treasure and Conroy (2007) explain the motivation process with such psychological structures as directing, regulating and strengthening the success behavior (Roberts, Treasure and Conroy, 2007:3-12). While some of the motivation theories concentrate on the intrinsic factors of the individual i.e. the motives being the expression of the needs of individuals, some others focus on the initiatives – i.e. extrinsic factors, given to people from outside - (Davis, 1981; Jones and Lloyd, 2005:929-943). It is stated that the intrinsically motivated behaviors represent intrinsic causality and the extrinsically motivated behaviors represent extrinsic causality



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(Leonard et al., 1999:969-974). It is known that the self-efficacy belief of the athlete affects motivation and performance (Weinberg and Gould, 2014); therefore, self-efficacy, success perception and motivation mainly composed of successful performance are the leading concepts playing an important role in high performance of athletes. Co-evaluation of these concepts is highly important for a detailed analysis of the experiences, skills and performances in the contest environment for both trainers and athletes and for their revision to give an opportunity for arrive successful performance. In this regard, the purpose of this study is to determine the self-efficacy, success perception and motivation levels of junior national wrestling team athletes according to some independent variables and to establish the relation between them.

METHOD

Participants

The junior national athletes constitute the research population and the sample group is a total of 55 athletes composed of 15 girls and 40 boys with an average age of 16.21 ± 0.73 who participated in World Championship final preparation camps in three different categories. While 24 athletes uttered to start wrestling in wrestling training center, 31 athletes expressed to start wrestling in sports clubs.

Data Collection Tools

The Children's Version of the Perception of Success Questionnaire, the Sport Motivation Scale and Self-Efficacy Scale were used in the research as data collection tools.

The Children's Version of the Perception of Success Questionnaire: Turkish translation of the scale created by Roberts, Treasure and Balague (1998) was made by Çetinkalp (2009). There are a total of 12 items in the scale that includes two sub-scales, composed of 6 task items and 6 ego orientation items.

The Sport Motivation Scale: It was developed by Pelletier, Fortier, Vallerand, Tuson, Briere and Blais (1995) and the study on its reliability and validity was performed by Kazak (2004). Sub-dimensions of the scale are composed of intrinsic motivation, extrinsic motivation and amotivation. These three sub-dimensions also have sub-dimensions. The sub-dimensions of intrinsic motivation are intrinsic motivation to know and accomplish and intrinsic motivation to live as stimulus. The sub-dimensions of extrinsic motivation are extrinsic arrangements, introjection, and identification. The last one amotivation is unidimensional. (Kazak, 2004).

Self-Efficacy Scale: General Self-Efficacy Scale was developed by Ralf Schwarzer and his colleagues (1979) in German and translated into Turkish by Teközel (2002). The scale



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contains 10 items designed to make a general assessment regarding self-efficacy.

Data Collection

The scales were implemented on junior athletes of national team by their trainers in three different camp training centers. The scales that were completed by the athletes were received by post.

Data Analysis

Descriptive statistics and Spearman Correlation Analysis were used as the statistical method in assessment of data. Kruskal Wallis and Mann-Whitney U tests ranking among the non-parametric tests were used due to the fact that normal conditions of distribution weren't met.

FINDINGS

Table 1. Average and Standard Deviation Values Related to the Variables of Motivation, Perception of Success and Self-Efficacy

	n	Min.	Max.	Mean	Std. Dev.
Task orientation	55	6,00	30,00	26,5818	4,85604
Ego orientation	55	6,00	30,00	25,4444	5,01946
Intrinsic motivation	55	35,00	84,00	64,0909	11,99579
Extrinsic motivation	55	34,00	84,00	62,3019	12,06168
Amotivation	55	4,00	28,00	11,2364	5,81493
Self-efficacy total	55	23,00	40,00	32,9091	4,46083

Table 2. The Results of Mann Whitney U Analysis Directed to the Difference Between The Sex Variable and Perception of Success

		Sex	n	Mean Rank.	Difference of Mean Rank	U	Z	p
Perception of Success	Being Task Oriented	Female	15	35,43	531,50	195,000	-2,164	,030*
		Male	40	25,21	1008,50			
	Being Ego Oriented	Female	15	29,47	442,00	254,500	-,575	,565
		Male	40	26,74	1043,00			



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A significant difference has been determined in the sub-dimension of task-oriented perception of success in terms of sex ($Z=-2.164$,

$p<0.05$). The scores of females ($X=35.43$) are significantly higher than males ($X=25.21$).

Table 3. The Results of Mann Whitney U Analysis Directed to the Difference Between the Sex Variable and Motivation

	Sex	n	Mean Rank.	Difference of Mean Rank	U	Z	p
Intrinsic Motivation	Female	15	33,13	497,00	223,000	-1,457	,145
	Male	40	26,08	1043,00			
Intrinsic motivation to know and accomplish	Female	15	29,70	445,50	275,500	-,483	,629
	Male	40	27,36	1094,50			
Intrinsic motivation to live as stimulus	Female	15	36,63	549,50	185,500	-2,460	,014*
	Male	40	24,76	990,50			

* $p<0.05$

A significant difference has been determined by sex in the dimension of “intrinsic motivation to live as stimulus” which is the sub-

dimension of intrinsic motivation ($Z=-2.460$, $p<0.05$). Significant difference could not be found in other sub-dimensions and the dimension of extrinsic motivation ($p>0.05$).

Table 4. The Results of Mann Whitney U Analysis Directed to the Difference Between the Place to Start Sports and Perception of Success

	Place to Start Sports	n	Mean Rank	Differences of Mean Rank	U	Z	p
Task Orientation	Wrestling Training Center	24	23,17	556,00	256,000	-2,031	,042*
	Sports Club	31	31,74	984,00			
Ego Orientation	Wrestling Training Center	24	24,35	584,50	284,500	-1,330	,183
	Sports Club	31	30,02	900,50			



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A significant difference has been determined in the sub-dimension of “task-oriented per-

ception of success” in terms of the place to start sports ($Z=-2.031, p<0.05$).

Table 5. The Results of Correlation Analysis Belonging to the Scales

	Task Orientation	Ego orientation	Intrinsic Motivation	Knowing and Accomplishing	Living as Stimulus	Extrinsic motivation	Extrinsic arrangement	Introjection	Identification	Amotivation
Task Orientation	r 1,000 p .									
Ego orientation	r ,823** p ,000	1,000								
Intrinsic motivation	r ,517** p ,000	r ,494** p ,000	1,000							
Knowing and Accomplishing	r ,441** p ,001	r ,417** p ,002	r ,956** p ,000	1,000						
Living as Stimulus	r ,502** p ,000	r ,528** p ,000	r ,918** p ,000	r ,780** p ,000	1,000					
Extrinsic motivation	r ,377** p ,005	r ,376** p ,006	r ,852** p ,000	r ,840** p ,000	r ,777** p ,000	1,000				
Extrinsic arrangement	r ,252 p ,063	r ,362** p ,007	r ,712** p ,000	r ,696** p ,000	r ,710** p ,000	r ,917** p ,000	1,000			
Introjection	r ,430** p ,001	r ,439** p ,001	r ,840** p ,000	r ,801** p ,000	r ,792** p ,000	r ,900** p ,000	r ,770** p ,000	1,000		
Identification	r ,251 p ,065	r ,182 p ,189	r ,738** p ,000	r ,758** p ,000	r ,585** p ,000	r ,819** p ,000	r ,614** p ,000	r ,623** p ,000	1,000	
Amotivation	r -,018 p ,897	r ,152 p ,273	r ,016 p ,910	r -,054 p ,695	r ,105 p ,448	r ,058 p ,678	r ,137 p ,319	r ,106 p ,452	r -,001 p ,994	1,000
Self-efficacy	r ,333* p ,013	r ,430** p ,001	r ,528** p ,000	r ,500** p ,000	r ,473** p ,000	r ,471** p ,000	r ,380** p ,004	r ,524** p ,000	r ,352** p ,008	r ,046 p ,737

After the correlation analysis, it has been concluded that there is a mid-level positively significant relation between task orientation and intrinsic and extrinsic motivation and the same relation between Ego orientation and intrinsic and extrinsic motivation ($p<0.05$). While a mid-level positively significant relation has been observed between self-efficacy

and perception of success and the dimensions of motivation ($p<0.05$), there is no relation found between amotivation and self-efficacy ($p>0.05$).

DISCUSSION

In the study conducted with the purpose of determining the level of self-efficacy, per-



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ception of success and motivation of junior national wrestling team athletes according to some independent variables and investigating the relationship between them, there are a total of 55 athletes composed of 15 girls and 40 boys with an average age of 16.21 ± 0.73 who participated in World Championship final preparation camps in three different categories. 24 of the wrestlers started wrestling in training center and 31 of them started wrestling in sports clubs. Regarding the average values of the scales, self-efficacy of wrestlers was found to be at medium level and their task and ego orientations were found to be at high level. The scores of extrinsic and intrinsic motivation are at high and the amotivation scores are at medium level. High level of success perception can be explained with the fact that the athletes have been selected to participate in the world championship.

It has been determined after this research that the level of being a task oriented is higher for girls in comparison to the boys. Accordingly, it can be stated that girls focus on following things more; skills development, learning a new skill, showing mastership in the duty and working hard. Similar to the results of the research, it has been observed in the study of Duda (1993) concerning university and high school athletes doing individual and team sports that females are more task oriented and males are more ego oriented. Hanrahan and Biddle (2002) have expressed that there is no

a significant difference in task orientation by sex and the girls' scores of task orientation are higher than boys (Hanrahan and Biddle, 2002:1-12). In the study of Canpolat and Çetinkalp (2011), it has been determined that the levels of success perception and self-efficacy don't differ by sex (Canpolat and Çetinkalp, 2011:14-19). In the study of Ersöz, Çetinkalp and Eklund (2015) analyzing the role of self-confidence, general physical competence, ability for sports and life satisfaction in prediction of the achievement goal orientation of athletes playing in national, league and amateur teams, significant difference couldn't be found in the success perception of athletes by sex (Ersöz, Çetinkalp and Eklund, 2015:65-76). Regarding the results of this study, it can be said that girls are more task oriented than boys.

The scores of girls on the intrinsic motivation to live as stimulus which is a sub-dimension of intrinsic motivation have been found to be significantly higher than boys, a significant difference was no found in other sub-dimensions and the dimensions of extrinsic motivation. In contrast to the findings of our research, Ersöz et al. (2012) have determined in their study that there isn't any difference in motivational orientations of athletes by sex (Ersöz et al., 2012:15-26). Kelecek, Altıntaş and Aşçı (2010) have established in their study conducted on elite volleyball players that the scores of female volleyball players



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are higher than males in the sub-dimensions of “Extrinsic Arrangement, Identification and Amotivation” regarding the motivational orientations of athletes (Kelecek, Altıntaş and Aşçı, 2010:102-103). Following the study of Çetinkalp et al. (2011), it has been stated that there is a significant difference in the dimension of extrinsic arrangement by sex and the scores of male athletes for extrinsic arrangement are higher than female athletes (Çetinkalp et al., 2011:305-310). In conclusion, it can be uttered that girls continue to do sports to have more fun and to achieve stimulant satisfactions when compared to boys.

A significant difference was no observed in self-efficacy levels of wrestlers by the variable of sex. Similar to our research findings, Öcal and Şenel (2016) have stated that there isn't a significant difference between sexes in terms of self-efficacy (Öcal and Şenel, 2016:138-154). It can be stated that self-efficacy plays an important role in determining how well the athletes behave as necessary to cope with the problems encountered and how they motivate themselves.

It has been established that the task orientation scores of the athletes who started wrestling in sports clubs are significantly higher than those who started wrestling in training centers. A significant difference could not be found between the levels of self-efficacy and motivation. This difference can be explained

with the fact that all expenditures of the athletes in wrestling training centers are covered by the government and the athletes who started in clubs try to make personal efforts to exist and their need for success is higher. In the study of Atan and Ünver (2016) conducted on wrestlers, the psychological needs of boarder and extern athletes were examined and difference was no found between two groups only in the sub-dimension of dominance but there was a difference found between these two groups in the sub-dimensions of success, relation and autonomy.

A positively significant relation was found between the success perception of wrestlers and motivation, there was a mid-level positively significant relation between the dimension of self-efficacy, perception of success and motivation. Considering this result, it can be said that high self-efficacy of the athletes is an important predictor on the perception of success and motivation. In the study of Canpolat and Çetinkalp (2011), they express that there is a significant relation between self-efficacy and task and ego orientation, task orientation is the significant determiner of self-efficacy (Canpolat and Çetinkalp, 2011:14-19).

In conclusion, it will be important for trainers and sports psychologists to know and apply the methods directed to increasing the self-efficacy levels considering the effect of self-efficacy not only on motivation and success



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perception of athletes, but also on personality development and performance. Moreover, trainers can ensure an increase in self-efficacy levels of adolescent athletes by applying the teaching methods that will lead them to success and by creating environments in which athletes can actively participate in exercise. While creating the appropriate conditions for teaching, personality development in addition to sports performance can be supported by providing the teaching practices for supporting task orientation. In this regard, providing psychological support especially to adolescent athletes will contribute to the improvement of their psychological skills and performance and to new studies to be conducted on the role of different variables.

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