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Predicted of fear of success from self- efficacy among professional athletes (swimming, gymnastic & track and field) Islamic azad university Roudehen branch

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ABSTRACT

The goal of this research is to recognize the relation between self-efficacy and fear of success among professional athletes in individual sports such as swimming, track and field and gymnastics. In order to clarify this we picked 135 random samples of professional athletes, 87 men and 48 women ($SD = 9.85$, $x = 16.80$) who has at least five years of experience in championship sports. They voluntarily filled in athletes self-efficacy assessment questionnaires (Bandura, 2000) Cronbach's Alpha 0.90, and for athletes' fear of success assessment questionnaires (Metzler & Conroy 2004) Cronbach's Alpha 0.91 were used to determine the reliability coefficient. The results indicated that there is a direct significant relation between vicarious experiences and athletes' fear of success ($p > 0.05$), but there is a significant reverse relation between social persuasion and athletes' fear of success ($p > 0.05$). And there is a significant reverse relation between physiological emotional situation and fear of success as well ($p > 0.05$). Also findings show that there is not any significant relation between success in fulfilling functions and athletes' fear of success ($p < 0.05$). The general results indicates that there is a significant reverse relation between the rate of self-efficacy in athletes and fear of success ($p > 0.05$). The results agree with Steples et al, 1998; Bandura, 2001; Millen, Scheerer & Orbel, 2000; English and Sutlon, 2001; Bill Cole, 2001; Caraway et al, 2003.

Key words: fear of success, self-efficacy, professional athletes, self-efficacy, fear of success, athletes

INTRODUCTION

Self-efficacy and fear of success concepts have been considered by psychologists and researchers in recent decades. The concept of self-efficacy has a short history which backs to Bandura activities. Self-efficacy which was presented by Bandura, is the nucleus of social cognition theory (Schwarzer and Schoolz, 2001). According to Bandura self-efficacy is "a self-judgment about person's abilities and showing a specific behavioral model". If you believe the self-efficacy it has a main role in self-regulated process by which individuals successful motivation and performance would be controlled (Wood & Bandura, 1989). According to self-efficacy theory, individuals apply four information sources to develop it. They are, in importance order, fulfilling the functions successfully, vicarious experiences, social persuasion and physiological emotional situation (Steples et al, 1998; Bandura, 2000) The vicarious experiences which are usually called patterning, can lead to develop expectations and individuals will learn by observing the others behavior so their function get better (Bandura, 1978; Gist & Mitchell, 1992). Social persuasions

and beliefs are: activities which lead people to particular direction that influence the belief that one can considerably succeed in doing particular affairs (Bandura, 1997; Bandura & Cervone, 1986). Self-assessment is one of significant factors in success. And in physiological emotional situation people can judge their abilities, power, and vulnerability (Bandura, 2000). Previous successes, will raise expectations for being successful and better than the others, however successive failures will reduce those expectations (Gist & Mitchell, 1992; Saks, 1995; Silver, Mitchell & Gist, 1995). Horner (1978) was the first one who put lots of effort into experimental studies of fear of success. Fear of success is when one because of lack of self-belief in abilities, or fear of fulfilling the functions does not intend to improve their function (Brooks, 2005). Fear of success is one of the preventive factors on the way to success and progress (Canavan 1989, Fleming & Horner 1992). Being aware of one's self inefficacy has a preventive effect on motivation, and fear of success and failure generally reduces self efficacy (Carway et al. 2003). In fact, fear of success is the anxiety felt due to approaching the time of task fulfillment, the realization of purposes and accomplishing targets long desired (Canavan 1989, Campbell and Fleming 2001). Fear of success and failure are among the threatening factors for performance in many sports realms. Scientific studies in this regard and the identification of effective factors are embryonic and in primitive stages (conroy et al. 2001). with regard to the fundamental studies (Murray 1983, Atkinson 1957), patterns of fear of success and failure have been discerned (conroy et al. 2001). However, the possibility of accomplishing purposes for people with low self efficacy and deep fear of success is low (Crawly et al. 2001).

four studies have investigated how perfectionists react to experimental manipulations of success and failure (Anshel & Mansouri, 2005; Besser et al., 2004; Stoeber, Harris, & Moon, 2007; Stoeber, Kempe, & Keogh, 2008). Unfortunately, the findings are inconsistent. Whereas Stoeber et al. (2007) did not find perfectionists to show any different affective reactions to success and failure in comparison to non perfectionists, Against this background perfectionistic striving to be positively correlated with self-efficacy, aspiration level, and performance. (stoeber et al., 2008; Dunkley et al., 2003; Sturman & Mongrain, 2008). also, results show perfectionistic striving predicted differential reactions to experimentally manipulated success and failure by investigating whether individual differences in perfectionistic striving predicted changes in self-efficacy, aspiration level, and performance following success or failure. Particularly, perfectionistic striving to be associated with positive changes (i.e., increases in self-efficacy, aspiration level, and/or performance) following success, With regard to this relation, self efficacy and fear of success and also considering the fact that in our country specially in the field of physical education, fear of success and self efficacy are under emphasized, the researcher intends to respond to this fundamental question that whether there is a co-relation between self efficacy and fear of success among athletes. In other words, how important is the determining role of self efficacy and fear of success among professional athletes in individual sports?

MATERIALS AND METHODS

The sample group in the present research includes 270 professional athletes in individual sports like swimming, athletics and gymnastics. 135 athletes including 87 men and 48 women ($SD=9.85$, $X=16.80$) with at least five years of championship athletic record were selected by random sampling. They voluntarily filled in an athletes' self efficacy assessment questionnaire (Bandura, 2000) with the reliability coefficient produced using Cronbach's alpha of 0.90 and also athletes' fear of success assessment questionnaire (Jonathan N. Metzler and David E. Conroy, 2004) with the reliability coefficient produced using Cronbach's alpha of 0.91. To analyze the data, descriptive statistics are used for estimating demographic characteristics of age, sports history, and gender. And in inferential statistics section, Pearson correlation is used & A multiple regression analysis were conducted to examine whether the use of the self-efficacy positivity predicted fear of success. study the relation between the under study variables at the level of Alpha 0.05, also version 16 of SPSS software is used to analyze the data.

RESULTS

Descriptive data shows athletes' average age is ($x=16.80$) with ($SD=9.85$) and their average sports record is ($x=9.02$) with ($SD=4.77$). Results related to the athletes' gender show that 64.44% of athletes are men and 35.56% of them are women. Also, 45.93% of the athletes are swimmers, 22.96% are gymnasts and 31.11% are involved in track and field.

Table 1. findings about correlations of self efficacy subscale with fear of success

variable	N	M	SD	r(x,y)	r ²	T	P
Fear of Success	135	2.80	0.65				
Social Persuasion	135	2.75	0.99	-0.54	0.29	-7.42	0.00
Fear of Success	135	2.80	0.65				
physiological emotional situation	135	2.86	0.56	-0.62	0.39	-9.23	0.00
Fear of Success	135	2.80	0.65				
fulfilling the functions successfully	135	2.77	0.67	-0.10	0.01	-1.19	0.24
Fear of Success	135	2.80	0.65				
vicarious experiences	135	3.45	0.78	0.30	0.09	3.64	0.00
Fear of Success	135	2.80	0.65				
Self efficacy	135	2.96	0.41	-0.44	0.19	-5.64	0.00

The results table 1. showed that there is a significant reverse correlation between social persuasion subscale and fear of success ($P>0.05$, $r = -0.54$), and between emotional status and fear of success ($P>0.05$, $r = -0.62$). There is a direct significant correlation between vicarious experiences and fear of success ($P>0.05$, $r = -0.30$). No significant correlation is reported between success in doing things and fear of success. ($P<0.05$, $r = -0.10$). General findings show that there is a significant reverse correlation between total score of self efficacy and fear of success variable ($P>0.05$, $r = -0.44$).

Table 2. Model summary regression of self efficacy with fear of success

variables	R	R ²	Adjusted R square	Std.Error of the Estimate
Fear of Success	0/41		0/39	0/26

Result table 2. showed that independent variable self efficacy predicted that fear of success Athletes. The R square of 0/41 suggests that Self efficacy features predictors' variables explained 41% of the variance/variation in the Fear of Success. As depicted in Table 1, the largest standardized beta values is 4/82 which is self efficacy. This means that this variable contribute the most variance in predicting the dependent variable fear of success ($p \leq 0/05$).

Table 3. findings about regression of self efficacy subscale with fear of success

variables	N	R ²	B	β	T	P-value
Fear of Success	135	.48	4/09	1/58	15/45	0/00
Social Persuasion	135	.49	-.28	-.42	-3/55	0/00
physiological emotional situation	135	.41	-.58	-.50	-4/86	0/00
fulfilling the functions successfully	135	.47	.41	.42	5/07	0/00
vicarious experiences	135	.39	.11	.18	1/47	.14

Result table 3. showed that independent variables Social Persuasion, physiological emotional situation, fulfilling the functions successfully predicted that fear of success Athletes. The R square of (0/49, .41, .47) suggests that sub scales Self efficacy features predictors' variables explained 41% , 47% ,49% of the variance/variation in the Fear of Success($p \leq 0/05$). Also, result indicated that independent variable vicarious experiences not predicted that fear of success Athletes($p \geq 0/05$).

DISCUSSION AND CONCLUSION

Fear of success prevents people from taking responsibilities and doing professional activities. Fear of success is one of the important reasons at work in resistance mechanism against success(stevens , Osborne &Robins, 2002) .Changes resulting from success (B. Bagget 2000), competition, retaining a successful situation instead of a new success and fear of changing lead to fear of success(Cole , 2001). Self efficacy roots in social learning theory and is new in researches on fear of success. The relation between these two subjects are less considered in researches and hasn't been particularly studied among athletes. (kirckadly & furnham 1999, Mc.crae &costa 1986).

The findings of this research show that there is a significant reverseco relation between athletes' social persuasion (knowledge of today's science, competitiveness) and fear of success. This result agrees with Stepl and his colleagues' research (1998) Bendura(2000). According to them social persuasion increases the chance of success, and accomplishment anticipation. They're also in harmony with Millen, Shirin and Orbel (2000) which assert self efficacy is a social skill. According to them self efficacy refers to people's ability to take responsibilities, solve

problems and achieve their goals. According to Bill Cole's researches (2001) competition has a significant role in fear of success and a person who competes with others performs better. The results are in harmony with these researches, as well. According to Cohens analysis (1975), success-fearing individuals may attempt to avoid anxiety by maintaining an attitude of low self-esteem and lack of self-assurance. They may discount their effectiveness in achieving a good performance and might exhibit a preference for attributing success to external than internal factors. In this line of thought, Van Yperen and Renkema (2008) found that great performers more likely adopt mastery-avoidance goals. They speculate that great performers felt that their task performance was not under their control. They may have attributed their great performance to luck and are not being able to repeat their prior performance.

Results show that there is a significant reverse correlation between emotional status(mental calmness, motivation)in athletes and fear of success. These results also agree with Bandura (2000) in that physiological and emotional status increase success and accomplishment anticipation. Also, the findings show there's no significant correlation between athletes' success (athletes' experiences) and fear of success. The results also agree with the researches of (kirckadly & furnham.1999, Mc.care & costa. 1986,August 2000,B.Bagget 2000) which mention experiences and professional record are effective in facing fear at work environments and unsuccessful past has an influence on fear of success. There's a direct corelation between athletes' vicarious experiences and fear of success. This agrees with the findings of (with Bandura 1978, Gist & Mitchell 1992) which indicate vicarious experiences as patterning create expectations by which the performance improves due to learning through observing others' behavior.

General results of the study show that as self efficacy increases, their fear of success decreases and success chance will hence rise.

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