

Athlete's Preparation and Quality of Opponent as Determinants of Self-Efficacy among University Athletes in South-West Nigeria

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Abstract : The purpose of this study was to assess athlete's preparation and quality of opponent as determinants of self-efficacy among university athletes in south-west Nigeria. The descriptive research method was employed in conducting the study. A total of 200 athletes, selected from 4 universities in South-West geopolitical zone of Nigeria through a stratified random sampling technique, were used in the study. The instrument used for data collection was a self-structured questionnaire named 'Athletes Self-Efficacy Assessment Questionnaire (ASAQ)'. This was developed by the researchers and face validated by three experts in sports psychology. The test-retest method was used in establishing the reliability of the instrument ($r=0.79$). A total of 200 copies of the validated ASAQ were administered on selected respondents using the spot method. The data collected was used to develop a frequency distribution table for analysis. The descriptive statistics of percentage was used in presenting the data collected, while inferential statistics of linear regression was used in drawing inferences at a 0.05 level of significance. The findings indicated that athlete's preparation and quality of opponent were significant determinants of self-efficacy among university athletes in South-West Nigeria.

Keywords : athletes, preparation, opponent, self-efficacy

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