

The Effect of Observational Practice on the Volleyball Service Learning with Emphasis on the Role of Self-Efficacy

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Abstract : Introduction: Skill movement education is one of extremely important duty for sport coaches and sport teachers. Researchers have done lots of studies in this filed to gain the best methodology in movement learning. One of the essential aspects in skill movement education is observational learning. Observational learning, or learning by watching demonstrations, has been characterized as one of the most important methods by which people learn variety of skill and behaviours. The purpose of this study was determined the effect of observational practice on the volleyball service learning with emphasis on the Role of Self-Efficacy. Methods: The Sample consisted of 100 male students was assigned accessible sampling technique and homogeneous manner with emphasis on the Role of Self-Efficacy level to 4 groups. The first group performed physical training, the second group performed observational practice task, the third practiced physically and observationally and the fourth group served as the control group. The experimental groups practiced in a one day acquisition and performed the retention task, after 72 hours. Kolmogorov-Smirnov test and independent t-test were used for Statistical analyses. Results and Discussion: Results shows that observation practice task group can significantly improve volleyball services skills acquisition ($T=7.73$). Also mixed group (physically and observationally) is significantly better than control group regarding to volleyball services skills acquisition ($T=7.04$). Conclusion: Results have shown observation practice task group and mixed group are significantly better than control group in acquisition test. The present results are in line with previous studies, suggesting that observation learning can improve performance. On the other hand, results shows that self-efficacy level significantly effect on acquisition movement skill. In other words, high self-efficacy is important factor in skill learning level in volleyball service.

Keywords : observational practice, volleyball service, self-efficacy, sport science

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