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EXPLORING THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SELF MOTIVATION AMONG WOMEN'S FUTSAL ATHLETE STUDENT

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Abstract. Achieving peak athletic performance in sports requires a combination of physical prowess and psychological factors, including self-efficacy and self-motivation. This study investigate these variables among professional female futsal athletes in Indonesia, examining their interrelationship and the influence of team goals and backgrounds. The sample consists of 28 players each from Muara Enim United, targeting league victory, and Alive FC, a newly promoted team focused on avoiding relegation. Data collection utilized the the Athlete Self-Efficacy Scale (ASES) and Self-Motivation Scale II (SMS-II), administered during pre-season training via online surveys. Descriptive statistics reveal higher mean scores for self-efficacy and self-motivation in Muara Enim United compared to Alive FC, supporting the hypothesis that team objectives impact these psychological attributes. However, correlation analysis indicates no significant relationship between self-efficacy and self-motivation within either team, contrary to initial expectations. This underscores the complexity of motivational dynamics in sports, influenced by multifaceted factors beyond individual psychological traits. The findings suggest that while self-efficacy and self-motivation play pivotal roles in sports performance, their relationship may vary across different competitive contexts and team environments. This study contributes to the understanding of athlete motivation in professional sports and highlights the need for tailored psychological interventions to explore additional variables and contexts that may influence the interplay between self-efficacy, self-motivation, and athletic achievements in diverse sporting disciplines.

Keywords: Self-Efficacy, Self-Motivation, Futsal, Women

I. INTRODUCTION

In recognition of athletes, coaches, and sports scientists, maintaining peak athletic performance is a crucial objective (Parks et al., 2016). Competitors with greater physiological and psychological skill levels usually prevail over those with equivalent physical ability levels (Cooke et al., 2011). Mental toughness and psychological aptitude become important factors in determining the result of a match for top athletes who have reached the pinnacle of their physical and skill performance (Radcliffe et al., 2013). Additionally, mental exhaustion may have a detrimental effect on female futsal athletes' capacity for making decisions (Fitri et al., 2021).

Athletes therefore need to possess physical fitness, psychological capacity, and motor skills in order to compete at their best. Emotional intelligence, motivation, self-assurance, stress and anxiety management, interpersonal skills, self-control, cognitive abilities, and the environment that fosters motivation are some of the psychological aspects of sports. These elements have a big impact on how well athletes perform and how successful they are in sports (Alesi et al., 2022)

Team sports are influenced by athletes' self-efficacy, which affects their perception of their capacity to carry out particular activities and produce desired results (Jowett et al., 2012). Self-efficacy is the conviction that one can perform particular actions to achieve a particular goal (Bandura, 1994).

Strong self-efficacy enables athletes to inspire teammates and foster a supportive team atmosphere in team sports, hence increasing sports achievement (Kumbar, 2024). Achievement motivation, or the inner drive to meet difficult objectives and attain great achievement, is correlated with self-efficacy (Matsuri et al., 2023). Athletes that exhibit high levels of basic needs satisfaction and engagement in sports are likely to possess greater levels of self-motivation (De Francisco et al., 2018). This may also emphasize the significance of psychological elements in predicting athletic achievement.

Self-efficacy levels in fencers (Ermiş & Çankaya, 2023); Brazilian futsal athletes' association between self-efficacy and mental toughness (Aizava et al., 2023); emotional intelligence and self-efficacy in judokas and team athletes (Stanković et al., 2022); a systematic review of efficacy in soccer teams (Alves et al., 2021); the impact of self-confidence on sports performance (Jekauc et al., 2023); self-motivation changes in Ukrainian kickboxers aged 13–15 during the pandemic (Korobeynikov et al., 2023); (Lukova, 2023) were found to possess such a style of self regulation. In order to close this gap and enhance the futsal athlete performance of Indonesian women, the current study will examine the effects of self-efficacy and self-motivation based on perceptions of team background.

At this moment, there are just two studies that have looked at the relationship between approach motivational system and sports success among elite speed skaters and physical education students. (Hwang et al., 2023); (Rogowska et al., 2022a) both looked at the variables efficacy beliefs and motivational dynamics in collegiate swimming relays. The authors emphasized the need for additional study on the connection between motivation and self-efficacy.

The research's age-related findings highlight the significance of taking age variety into account in teams and modifying team management techniques to take into account the particular requirements and viewpoints of participants in various age groups. With this knowledge, professional soccer arrangements may be able to foster a more welcoming and peaceful team atmosphere (Aydin et al., 2020). Previous research has shown that self-efficacy and self-motivation have a significant relationship with the performance of futsal athletes. For example, research by (Aliyyah et al., 2020) found that self-efficacy has a positive correlation with the performance of female futsal athletes. Another study by (Setiawan et al., 2020a) also found that self-motivation has a positive correlation with the performance of futsal athletes.

However, these studies did not focus on the relationship between self-efficacy and self-motivation in professional female futsal athletes. Therefore, this study aims to determine the relationship between self-efficacy and self-motivation in professional female futsal athletes. In order to better prepare Indonesian women's futsal athletes for future success, it might be vital to recognize the psychological components that have contributed to success in sports at the highest levels of competition

II. METHODS

The population of players in the Indonesian women's professional league for the 2024 season is 126 players from 7 teams (FFI, 2024). The Indonesian women's pro league competition has been running since 2012 with 8 teams participating. With the holding of the women's pro league which became the annual program of the Indonesian Futsal Federation until 2016 Indonesia won the AFF Club championship where the JK angels team reinforced by 14 of the best female players managed to beat the elite Thai club, Khon Kaen FC in the final round through a 7-6 penalty shootout while recording themselves as the best in the Southeast Asian region at that time (PSSI, 2016).

Players that were at least eighteen years old, in the league, actively playing, and under regular contract with the team met the eligibility requirements. The players who are under the age of eighteen, those who sustain injuries, and those who are unable to play because of contracts are the exceptions. Two teams of twenty-eight players, each with fourteen members, make up the sample criterion. In order to obtain numbers from self-efficacy and self-motivation, the teams to be taken are the one that set the goal of winning the pro league this season (MEU) and the team that recently received promotion from the amateur league (AFC). The number of participants is comparable to that of the prior study (Apriantono et al., 2021) that looked at the competitive and physiological traits of elite female futsal players. However, since small sample sizes require researchers to spend a lot of time in the field and thoroughly examine phenomena, (Subedi, 2021) claims that these requirements help researchers to develop closer ties with participants.

The study was first authorized by the Indonesian Futsal Federation (FFI). During pre-season training in Yogyakarta and Bekasi, the study was shared with the team coaches and personnel via WhatsApp and a Zoom conference. Since every team had begun training camps at their home base city, data was gathered online using a Google Form that was shared over WhatsApp. The research adhered to APA ethical guidelines. The players were notified about the study during their pre-season training in Yogyakarta and Bekasi, and their written agreement was subsequently obtained. Following this, the participants received a link to the Quissionnaire battery through the use of a Google Form application. The quissionnaire battery took ten to fifteen minutes to finish.

The Athlete Self-Efficacy Scale (ASES), the Self-Motivation Scale II (SMS-II) questionnaire, and the athlete identity sheet were the tools used. The athlete's personal information, including name, age, practice time, address, and contact information (e-mail and Whatsapp), was entered onto an identification sheet.

The Athlete Self-Efficacy Scale (ASES) was initially developed by (Koçak, 2020) emphasized the importance of psychological structures, such as self-efficacy, in influencing athlete performance. Self-efficacy beliefs play a crucial role in an athlete's ability to succeed in sports. The author aimed to develop a measurement tool, the Athlete Self-Efficacy Scale (ASES), with strong psychometric properties to effectively measure the self-efficacy beliefs of athletes. This involved

conducting validity and reliability analyses using exploratory and confirmatory factor analyses alpha Cronbach value (0.874).

The Self-Motivation Scale II, created by (Pelletier et al., 2013), looked at the SMS-II's structure and how it related to outcomes that were predicted using Self-Determination Theory (SDT). The findings validated the SMS-II's validity and its correlation with the outcomes' alpha Cronbach score (0.86). SMS-II outperformed the first SMS, if not more so. By lowering the number of items on each subscale, SMS-II enhanced the item content and demonstrated a strong pattern fit for the correlation with the result. One measure of intrinsic motivation and an integrated subscale have been added to the SMS-II. In order to abbreviate the scale and facilitate administration, the number of elements each subscale was reduced to three.

Microsoft Excel (2016) and IBM SPSS Statistics 25 were used for the data analysis. The subscale's internal consistency reliability was tested using Cronbach's alpha, with a reability threshold of > 0.70 used to indicate adequate reability.

III. RESULTS

Table 1. Descriptive Statistics

Mean		Std. Deviation	
SE	SM	SE	SM
37.92	41.83	7.470	8.252
37.48	41.25	10.802	7.879

The Muara Enim United team's mean self-efficacy (SE) is 37.92, and their mean self-motivation (SM) is 41.83, according to Table 1 of the descriptive statistics. The Alive FC team's self-motivation (SM) score is 41.25, while their self-efficacy (SE) score is 37.48 on average. The aforementioned data supports the positive hypothesis that players' self-efficacy and self-motivation can be influenced by their team's background or goal in a professional women's futsal league. Specifically, the Muara Enim United team's level of self-efficacy and self-motivation is higher than that of the Alive FC team. Furthermore, to prove whether the relationship between the level of self-efficacy and self-motivation is interconnected, we need to interpret the results of the correlation test contained in the "correlation" output table below.

Table 2. Correlation

	Pearson Correlation	Sig. (2-tailed)
MEU	.236	.417
AFC	.516	.059

Based on the output of table 2 correlation above, it is known that the value of Sig. (2-tailed) Muara Enim United is $0.417 > 0.05$ and the value of Sig. (2-tailed) Alive FC is $0.059 > 0.05$ where these results indicate that there is no relationship between the self-efficacy variable and the self-motivation variable from each of the two teams. And as a 5%

significant value r table of 14 samples is 0.532, the MEU value is $0.236 < 0.532$ and AFC $0.516 < 0.532$ which means there is no correlation between the two variables from each team either from the target team champion and promoting team.

IV. DISCUSSION

This study aims to explore the relationship between self-efficacy and self-motivation in female futsal athletes. The results of data analysis in (table 1) are directly proportional to the positive hypothesis where the level of self-efficacy and self-motivation of Indonesian women's professional futsal league players can be influenced by the background of the team's goals or achievement targets in the league. Where the team that has the target of winning the Indonesian women's professional league (MEU), is filled by players who have higher levels of self-efficacy and self-motivation compared to players who play for the Indonesian women's professional futsal league promotion team (AFC) and the team's achievement target is only to stay in the league so as not to be relegated. In Indonesia, the team that gets promoted to the professional league is the team that wins the amateur league where the amateur league has a long process from regional selection to the national round until finally the two teams that qualify for the final round get a promotion ticket to the professional league.

Sampling data was collected before the professional league started and as the league started the final results obtained from MEU proved to have more satisfactory results where the team that targeted the championship from the beginning was able to finish in 3rd place in the professional league season 2024 while AFC was only able to rank in the second lowest rank and survived relegation (SKOR.ID, 2024). This findings are also in line with previous research where Motivation is one of the internal factors that come from within students in the form of factors that can impact learning achievement (Matsuri et al., 2023). Another factor that also supports the success of a team is having athletes with strong self-efficacy so that they can motivate their teammates and build a positive team environment, which greatly expands sporting achievements (Kumbar, 2024). In addition, another influencing factor is the presence of sports management and administration support that can increase player motivation to achieve achievements (Maqableh et al., 2022).

However, the success of the professional league promotion team is not necessarily easy to be able to target champions in the professional league because this is influenced by the preparation, experience of competing athletes (Setiawan et al., 2020) and psychological skills (Radcliffe et al., 2013). In team sports, higher levels of self-efficacy can result in better communication, teamwork, and performance all around. High self-efficacy beliefs in athletes lead to more ambitious goals, perseverance in the face of difficulty, and increased self-assurance in their skills—all of which are advantageous in team environments (Nabillah Swastiratu & Eka Izzaty, 2021).

Nonetheless, there is an inverse relationship between fear of failure and self-efficacy, and gender may have an impact on the association between the two (Lochbaum et al., 2023).

The hypothesis of a relationship between self-efficacy and self-motivation can be disproven by the results of the data in (table 2) this finding is also supported by the existence of previous research where (Sari & Bayazit, 2017) found no relationship between social support behavior and self-efficacy, general self-efficacy, and intrinsic motivation. There are other factors that affect motivation such as playing skills and support from people around them (Anggoro et al., 2020). Self-motivation refers to a person's choice, willingness, and ownership of their actions (Trigueros et al., 2019). The most self-determined types of motivation are those that are connected to favorable behavioral outcomes like involvement, wellbeing, or stable, mature (Ryan R.M & Deci E.L, 2017). One of these outcomes was increased athlete performance in multiple studies that applied the SDT theoretical framework in a sporting setting (Pope & Wilson, 2015). Even in situations where an athlete's level of skill is constant, intrinsic drive enhances performance (Arribas-Galarraga et al., 2017). The previous research by (Jiang et al., 2023) highlight the critical role of athletes' ability motivation, while recognizing the interrelationships between perceived coach competence-supportive behaviors, task orientation, self-efficacy, and athlete engagement.

In line with the Reinforcement Sensitivity Theory, (Rogowska et al., 2022) has investigated relationships between self-efficacy, Behavioral Approach System (BAS) temperamental traits linked to fundamental motivational systems, and athletes' specific predispositions to sports performance. The study validated the positive correlation between self-efficacy and sports success. Self-efficacy can mediate self-motivation in sports performance by giving the drive required to complete a certain task. The expectancy-value hypothesis of achievement motivation supports this relationship, implying that individual motivation is related to perceptions about the expectation of success and subjective task value (Yu & Song, 2022). It has been found that athletes' confidence and motivation increase when they engage in self-assessment and focus on their skills and successes rather than errors. Self-assessment interventions are considered positive motivators that inspire athletes to strive for improvement and success. In addition, the author highlights the importance of self-determination theory in optimizing athletes' development, performance, and well-being by promoting intrinsic motivation and self-efficacy (Knight, 2020). This is further supported by confirmation that emotion regulation can make a positive contribution to increasing self-efficacy (Meysi Intan Tanjung et al., 2023).

In accordance to research results (Dogan, 2015), self-efficacy provides motivation, which affects behavioral outcomes. As suggested by (Koçak, 2020), a person's self-efficacy beliefs affect how they establish objectives since athletes who have high levels of self-efficacy typically create

more attainable and realistic goals for their sports endeavors. An athlete's self-motivation and desire to excel in sports can be further increased by this alignment between self-efficacy and goal-setting. (ÇETİN et al., 2021) showed that team sports athletes can achieve excellence in their sports performance by utilizing related characteristics such as emotional intelligence, self-efficacy, and self-confidence. The findings indicated that emotional intelligence functions as a mediator between self-efficacy and self-confidence, implying that emotional intelligence is required to increase self-confidence in sports. Athletes participate in a team sport setting to meet both short- and long-term goals. There are few limitations that emerge from the discussion of this study. The sample size of only 28 players per team may limit the generalizability of the findings to a wider population of female futsal athletes in Indonesia or other regions. In addition, the specific context of this study in professional women's futsal in Indonesia limits generalizability to other sports, genders, or cultural backgrounds, so caution is needed when applying these findings more broadly. The complexity of motivational dynamics in sports underscores the need for comprehensive research and nuanced approaches to understanding and enhancing athlete motivation

V. CONCLUSIONS

Compared to teams whose main objective is to escape relegation, teams with higher success ambitions, like winning the professional league, typically have players with higher levels of self-efficacy and self-motivation. This implies that the team's objectives and environment have an impact on the players' psychological characteristics. In the case of female futsal athletes, the authors' findings suggest that self-efficacy and self-motivation may not always be correlated. This goes against the original theory, which proposed a positive correlation between these two factors. In team sports, psychological elements such as self-efficacy are crucial for improving communication, teamwork, and overall success. Although there is a subtle association between self-motivation and self-efficacy, it is favorable. This suggests that a comprehensive strategy is necessary to comprehend sports motivation, taking into account different psychological and contextual factors. In conclusion, while the initial hypothesis suggested a positive relationship between self-efficacy and self-motivation in women's futsal athletes, the discussion highlights that this relationship may not always hold true across different contexts and studies. The complexity of motivational dynamics in sports underscores the need of comprehensive research and nuanced approaches to understanding and enhancing athlete motivation.

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