

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP BETWEEN SELF-
EFFICACY AND GOAL ORIENTATION
AMONG SECONDARY SCHOOL RUGBY
PLAYER IN SEREMBAN**

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and the result is fully on my own work, unless indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby acknowledge that I have been supplied with the Academic Rules and Regulation for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The main purpose of this study was to determine the level of self-efficacy and goal orientation among secondary school rugby players in Seremban. 103 rugby players from two different team were involved as the main respondent in this study. For the purpose of the study, the questionnaire was adopted and adapt from the General Self-efficacy Scale Schwarzer (GSES) developed by Jerusalem and Schwarzer (1992) to test the level of self-efficacy among the rugby players. The result showed there was high level of self-efficacy among the rugby players 3.31 (SD=.32). Another questionnaire was adopted and adapted from Task & Ego Orientation in Sports Questionnaire (TEOSQ) by Duda and Nicholls (1989) to measure the individual differences in task and ego goal perspectives in sports context. The result indicated the highest mean of goal orientation was "task orientation" 4.30 (SD=.35). The r value $p < .221$ indicated a significant and showed a positive relationship between self-efficacy and task orientation. On the other hand, the r value $p < .414$ indicated a significant and showed negative relationship between self-efficacy and ego orientation. Furthermore, this study showed the development in the self-efficacy to the influence of goal orientation among the rugby players. The findings of the study will provide theory and understanding in sport psychology and sports coaching field. Lastly, coaches and others within the sports at school levels can use this information to better manage players and customized programs to specific player needs based on their experience and at the secondary school level.

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