

**UNIVERSITI TEKNOLOGI MARA**

**COMPARING SELF-LEADERSHIP AND SELF-EFFICACY BETWEEN MALE  
AND FEMALE UITM ATHLETES**

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**DECLARATION OF ORIGINAL WORK**  
**BACHELOR OF SPORT MANAGEMENT (Hons)**  
**FACULTY OF SPORT SCIENCE AND RECREATION**  
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I am Farah Amanina Binti Zulkipli, hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.

This research project was the best result of my independent work and investigation, except where otherwise stated. I absolved Universiti Teknologi Mara and its Faculty of Sport Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

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## ABSTRACT

The main purpose of this study was to compare the self-efficacy between male and female of UiTM athletes, to differentiate self-leadership skills between male and female of UiTM athletes and lastly to identify the influence of categories of sports in self-leadership skills on UiTM athletes. A demographic form, Revised Self-Leadership Questionnaire (RSLQ) and Generalized Self-Efficacy (GSE) were employed in the current study. Descriptive statistics indicated the significant mean scores of demographic profile based on genders ( $\bar{x}=1.57$ ) between male ( $n=181$ ), female ( $n=243$ ) and categories of sports ( $\bar{x}=1.69$ ). Results of Independent T-test indicated that there were no significant difference between genders on self-efficacy,  $t(424)$ ,  $p > 0.05$ . In contrary, result on the comparison of self-leadership between genders showed significant difference where female ( $\bar{x} = 3.89$ ) have been identified to have higher self-leadership than male ( $\bar{x} = 3.74$ ),  $t(424)$ ,  $p < 0.05$ . Yet, the result on the influence of self-leadership on categories of sports stated that there is no significant difference between individual ( $\bar{x} = 3.825$ ) and team ( $\bar{x} = 3.826$ ) categories. Since, these findings exhibited that genders do have differences in self-leadership skills and are indirectly related to self-efficacy that can enhance performance of athletes. It suggests that female athletes need differences in self-efficacy while males need to have changes in self-leadership skills.