

ANALYSIS ON THE COLLECTIVE EFFICACY PERCEPTIONS OF
HANDBALL PLAYERS IN TERMS OF SOME VARIABLES ¹HENTBOL OYUNCULARININ KOLEKTİF YETERLİK ALGILARININ
BAZI DEĞİŞKENLER AÇISINDAN İNCELENMESİ

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Öz: Amaç: Bu araştırmanın amacı; Türkiye'deki üst düzey hentbol takımlarında mücadele eden sporcuların (Süper lig, 1. Lig ve 2.Lig) kolektif yeterlik düzeylerinin farklı değişkenler açısından incelenmesidir. **Yöntem:** Araştırma Süper lig, 1. Lig ve 2. Lig'de yer alan 65 takım içerisinde rasgele yöntemle belirlenmiş 483 sporcu üzerinde gerçekleştirilmiştir. Çalışmada kullanılan anket daha önceden farklı bir çalışmada kullanılmış olup, güvenilirliği sağlanmış bir ankettir. Anketin ilk bölümünde katılımcılara kişisel bilgileri (cinsiyet, eğitim, yaş, takımdaki pozisyonları vs.) sınıflayıcı ölçekle tanımlayıcı değişkenler olarak sorulmuştur. İkinci bölümde ise takım için kolektif bilinç hakkında 7 adet görüş yöneltilmiş ve görüşleri 5'li likert ölçekle sorgulanmıştır. Cronbach's Alpha kat sayısı olarak 0,921 değeri elde edilmiştir. Analiz kapsamında, betimleyici istatistikler, güvenilirlik analizi, Jonckheere terpstra, t-testi analizi, Varyans analizi (ANOVA), Kruskall Wallis, Man Whitney ve tukey testi uygulanmıştır. **Bulgular:** Kolektif yeterlilik ölçeğinin yaşa göre farklılaştığı ve en yüksek ortalamanın 16-21 grubuna ait olduğu saptanmıştır. Ayrıca eğitime ve spor süresine göre de farklılık olduğu ve bu eğitim değişkenine göre en yüksek ortalamanın üniversite grubu ve spor süresine göre de 4-7 yıl grubuna ait olduğu bulunmuştur. **Sonuç:** Çalışma sonunda, katılımcıların kolektif yeterlilik ölçeğine ilişkin görüşlerinin yaş, eğitim durumu, antrenör cinsiyeti ve spor süresine göre farklılık gösterdiği, bunun yanında cinsiyet, oynanan lig, lisans durumu ve takımdaki pozisyona göre farklılık göstermediği sonucuna ulaşılmıştır.

Anahtar Kelimeler: Hentbol, Kolektif Yeterlilik, Sporcu, Lig

Abstract: Aim: The purpose of this research is to analyze the collective efficacy levels of the athletes playing in top-level handball teams in Turkey (Super League, First League and Second League) in terms of different variables. **Method:** The research was conducted on a total of randomly selected 483 athletes within 65 teams ranking among Super League, First League and Second League. The questionnaires used in this study were previously used in another study and its reliability was ensured. In the first part of the questionnaire, personal information (sex, education, positions in the team etc.) was asked to the participants as descriptive variables with classificatory variable. In the second part, 7 opinions were directed regarding the collective consciousness for the team and the opinions were questioned with a 5-point Likert scale. 0.921 was ensured as the Cronbach's Alpha coefficient. Descriptive statistics, reliability analysis, Jonckheere terpstra, t-test analysis, Variance analysis (ANOVA), Kruskall Wallis, Man Whitney and tukey test were applied within the scope of the analysis. **Results:** It has been determined that the collective efficacy scale differs by age and the highest average belongs to the group of 16-21. Moreover, it has been established that it differs by the education and duration of sports; the highest average belongs to the university group by this education variable and to the group of 4-7 years by the duration of sports. **Conclusion:** At the end of the study, it has been concluded that the opinions of the participants concerning the collective efficacy scale differ by age, education, sex of the trainer and duration of sports; but they don't differ by sex, the league played, license and the position in the team.

Key Words: Handball, Collective Efficacy, Athlete, League

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INTRODUCTION

One of the important variables affecting the performance levels of the groups is the competence perception which is frequently emphasized in recent years. The perception of individual on his or her capacity to do work is called self-efficacy and the perception of the individual on the capacity of a group – in which the individual is a member – to do work is expressed as collective efficacy (Öcel, 2002: 2).

In order for a community to become a group, it is necessary to provide an exchange of interaction, emotion and information. The more intense this interaction is, the higher the group dynamics will be (Moralı and Doğan, 1997: 8).

The collective efficacy is the competence of a group to share the expectations and success laid on the members. These two concepts are highly important for the success of a sports team. Because collective efficacy shows how a team works together and how much each group member believes in success. Therefore, the factors of success in developing skills based on collective efficacy and process are analyzed as different but interrelated facts (Zaccaro et al., 1995: 305-328).

The concept of collective efficacy is one of the most important concepts of Bandura's Social Cognitive Theory and an extension of the

self-efficacy concept for teams and communities (Bandura, 1997; Bandura, 2000; Bandura, 2012). The researches conducted indicate that both self-efficacy and collective efficacy perceptions affect the expectations and motivation levels, accordingly and may increase the individual's performance. According to the social cognitive theory, there is a strong relation between the self-efficacy levels of individuals and their performance (Wood and Bandura 1989: 361-384).

The studies on the group dynamic examining the importance of group environment and its changing nature have an indispensable importance for the studies of social psychology and have a great place in research fields. The number of studies carried out in order to examine the dynamics that take place within a group structure in the field of social psychology has shown a serious increase (Horn, 2002: 309-355).

The integration of the team athletes as a result of the relations easily affected by external factors will enable the team's goal orientations to become clear. Due to the fact that the goal orientations within the team determine the performance of tasks and individuals who constitute the team performance, motivational climate can be affected from many internal and external factors, namely mastery and performance (Vlachopoulos and Karageorghis, 2005: 113-132). In the research of Ramzani-



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nezhad et al. (2009), it is put forth that there is a significant relation between collective efficacy and group unity and it is highlighted that the solidarity in the sports teams significantly affects the group unity and collective efficacy needed in the process of contributing to the team's performance.

The integration of individual skills and abilities in team sports around a common goal and the belief to achieve these goals at team level are perceived as collective efficacy. Thus, collective efficacy has an important effect on team performance. As the best performance of teams and their success afterwards depend on group unity and the belief in team's efficacy. Just as self-efficacy is effective on individual performance, collective efficacy is also influential on team performance (Katz-Navon and Erez, 2005: 437-465). It is very important for individuals to believe that teams will be successful at a sufficient level before the teams actually succeed. As positive collective efficacy may affect the behaviors of athletes (Safkan, 2010: 8). People's belief in collective efficacy affects the way in which they will try to actualize the social future, how much effort they will make for it and the strength they will put forth when collective efforts fail to yield results (Kurt, 2012: 203). Unity or cohesiveness is evaluated as an important factor in success of groups. Similarly, unity and integrity play an important role in sports.

Because in order for teams to be successful, skills and efforts should be combined and all members of the team should come together. Collective efficacy is vital for success as it directly affects the team's integrity (Carron et al., 2007: 117-139). It is emphasized that the trust of the athletes towards each other and belief of success in team sports (collective efficacy) may be effective on performance (Yücel et al., 2013: 1403).

AIM

The purpose of this research is to analyze the collective efficacy levels of the athletes playing in top-level handball teams in Turkey (Super League, First League and Second League) in terms of different variables.

METHOD

In this study, a two-part questionnaire including questions about collective consciousness levels and demographic characteristics was applied. The questionnaire used in this study was previously used in another study and its reliability was ensured. Survey method was used in this study. In the first part, the participants were asked about their personal information (sex, education, marital status, age, positions in the team etc.) as descriptive variables with a classifying scale. In the second part, 7 opinions were directed about the collective consciousness for the team and the opinions were questioned with 5-point Likert



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scale. The questionnaire forms were applied to the athletes playing in various leagues during the 2014-2015 season as a face-to-face interview before or after the competition. “Collective Efficacy Scale” developed by Riggs, Warka, Babasa, Betancoyrt and Hooker (1994) with the purpose of determining the collective efficacy level was used in our research.

DATA ANALYSIS

Descriptive statistics, reliability analysis, Factor Analysis, t-test analysis, Variance analysis (ANOVA), Jonckheere terpstra, Kruskall Wallis, Kolmogorov Smirnov, Man Whitney and Tukey test were applied within the scope of analysis. The value of 0.921 was obtained as the Cronbach’s Alpha coefficient.

Research Hypotheses

H1: The opinions on collective efficacy don’t differ by sex.

H2: The opinions on collective efficacy don’t differ by age.

H3: The opinions on collective efficacy don’t differ by education.

H4: The opinions on collective efficacy don’t differ by income.

H5: The opinions on collective efficacy don’t differ by the duration of sports.

H6: The opinions on collective efficacy don’t differ by the league.

H7: The opinions on collective efficacy don’t differ by the license.

H8: The opinions on collective efficacy don’t differ by the position.

H9: The opinions on collective efficacy don’t differ by the sex of trainer.

FINDINGS

Table 1. Reliability Analysis

Cronbach’s Alpha	Number of Items
,921	7

Concerning the results of reliability analysis, it has been determined that 7 items included in the analysis are at very high confidence level.



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Table 2. Demographic and Descriptive Statistics of The Participants

Variables		Frequency	Column N %
Your sex?	Female	263	54%
	Male	220	46%
Your age?	Below the age of 15	13	3%
	16-21	299	62%
	22-27	140	29%
	34 and over	31	6%
Your educational background?	High school	118	24%
	University	349	72%
	Post graduate	16	3%
Your marital status?	Single	440	91%
	Married	43	9%
Your income or your family's income?	500 TL and less	24	5%
	501-999 TL	69	14%
	1000-1500 TL	177	37%
	1501-3000 TL	155	32%
	3001-5000 TL	43	9%
	5001 TL and more	15	3%
How many years have you been doing sports?	1-3 years	46	10%
	4-7 years	104	22%
	7-11 years	188	39%
	12-15 years	113	23%
	16-19 years	21	4%
	20 years and more	11	2%
What is the league you play?	Super League	100	21%
	1 st League	259	54%
	2 nd League	124	26%



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Your mother's educational background?	Primary school	170	35%
	Secondary school	121	25%
	High school	129	27%
	University	63	13%
Your father's educational background?	Primary school	98	20%
	Secondary school	107	22%
	High school	147	31%
	University	116	24%
	Post graduate	12	3%
How many years have you been actively (licensed) interested in sports?	1-3 years	117	24%
	4-7 years	217	45%
	7-11 years	111	23%
	12-15 years	38	8%
Total number of athletes in your team?	1.00	210	43%
	2.00	247	51%
	3.00	26	5%
How many years have you been playing in this team?	1-3 years	120	25%
	4-7 years	126	26%
	7-11 years	72	15%
	12-15 years	97	20%
	16-19 years	49	10%
	20 years and more	19	4%
Your position in the team?	Main	306	63%
	Substitute	177	37%
Sex of your trainer?	Female	79	16%
	Male	404	84%



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Table 3. Analyses for Different Variables on Scale of Participants

Variables			Collective efficacy scale		
Sex	N	%	T test	SD	P
Female	263	54%	-.823	481	.411
Male	220	46%			
Age	N	%	Anova	SD	p
Below the age of 15	13	3%	4.730	3	0.003
16-21	299	62%			
22-27	140	29%			
34 and higher	31	6%			
Education	N	%	Jonc- kheere terpstra	SD	p
High school	118	24%	6.869	2	0.000
University	349	72%			
Post graduate	16	3%			
Level of income	N	%	Kruskal Wallis	SD	p
500 and less	24	5%	9.049	5	0.107
501-999 TL	69	14%			
1000-1500 TL	177	37%			
1501-3000 TL	155	32%			
3001-5000 TL	43	9%			
5001 TL and more	15	3%			
Duration of sports	N	%	Anova	SD	p



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1-3 years	46	10%	3.883	5	0.002
4-7 years	104	22%			
7-11 years	188	39%			
12-15 years	113	23%			
16-19 years	21	4%			
20 years and more	11	2%			
League	N	%	Anova	SD	p
Super league	100	21%	0.531	2	0.588
1 st League	259	54%			
2 nd League	124	26%			
Licensed	N	%	Kruskal Wallis	SD	p
1-3 years	117	24%	1.231	3	0.745
4-7 years	217	45%			
7-11 years	111	23%			
12-15 years	38	8%			
Position	N	%	t-test	SD	P
Main	306	63%	1.758	1	0.080
Substitute	177	37%			
Trainer	N	%	Man Whitney	SD	p
Female	79	16%	2.960	1	0.003
Male	404	84%			



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Table 4. Descriptive Statistics of the Participants

	N	Mean	Std. Deviation
The skills of my team mates are above the average.	483	2.9420	1.23266
This team is weaker than other teams in the same sports.	483	2.2961	1.06302
This team doesn't have the capacity to show adequate performance.	483	2.2609	1.12969
My team mates have excellent athletic skills.	483	2.8861	1.11640
Some of my team mates should be excluded from the team due to the lack of athletic skills.	483	2.5652	1.20226
My team isn't good enough.	483	2.3540	1.23273
Some athletes in the team can't play very well.	483	2.9482	1.26204

H1: The opinions on collective efficacy don't differ by sex.

Concerning the opinions on collective efficacy by sex, Sig value has been found to be higher than 0.05; therefore, the hypothesis will be accepted. Accordingly,

- Collective efficacy scale doesn't differ by sex.

H2: The opinions on collective efficacy don't differ by age.

Concerning the opinions on collective efficacy by age, Sig value has been found to

be lower than 0.05; therefore, the hypothesis will be rejected. Accordingly,

- Collective efficacy scale differs by age. The highest average belongs to 16-21 group.

H3: The opinions on collective efficacy don't differ by education.

Concerning the opinions on collective efficacy by education, Sig value has been found to be lower than 0.05; therefore, the hypothesis will be rejected. Accordingly,



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- Collective efficacy scale differs by education. The highest average belongs to the university group.

H4: The opinions on collective efficacy don't differ by income.

Concerning the opinions on collective efficacy by income, Sig value has been found to be higher than 0.05; therefore, the hypothesis will be accepted. Accordingly,

- Collective efficacy scale doesn't differ by income.

H5: The opinions on collective efficacy don't differ by the duration of sports.

Concerning the opinions on collective efficacy by the duration of sports, Sig value has been found to be lower than 0.05; therefore, the hypothesis will be rejected. Accordingly,

- Collective efficacy scale differs by the duration of sports. The highest average belongs to the group of 4-7 years.

H6: The opinions on collective efficacy don't differ by the league.

Concerning the opinions on collective efficacy by the league, Sig value has been found to be higher than 0.05; therefore, the hypothesis will be accepted. Accordingly,

- Collective efficacy scale doesn't differ by the league.

H7 The opinions on collective efficacy don't differ by the license.

Concerning the opinions on collective efficacy by the license, Sig value has been found to be lower than 0.05; therefore, the hypothesis will be rejected. Accordingly,

- Collective efficacy scale doesn't differ by the license.

H8: The opinions on collective efficacy don't differ by the position.

Concerning the opinions on collective efficacy by the position, Sig value has been found to be higher than 0.05; therefore, the hypothesis won't be rejected. Accordingly,

- Collective efficacy scale doesn't differ by the position.

H9: The opinions on collective efficacy don't differ by the sex of trainer.

Concerning the opinions on collective efficacy by the sex of trainer, Sig value has been found to be lower than 0.05; therefore, the hypothesis will be rejected. Accordingly,

- Collective efficacy scale differs by the sex of trainer. The highest average belongs to female group.

DISCUSSION

The purpose of this research is to analyze the collective efficacy levels of the athletes



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playing in top-level handball teams in Turkey (Super League, First League and Second League) in terms of different variables. When the general averages of the participants related to the scale are examined, it can be stated that their collective efficacy levels are high.

According to the results, it has been determined that 54% of the athletes (263 people) are female and 46% is male (220 people); 62% is in the age group of 16-21 (299 people), 72% is university graduate (349 people), the sports age of 39% (188 people) is 7-11, income level of 37% (177 people) is 1000-1500 TL and 45% has been interested in sports as licensed athletes for 4-7 years.

Collective efficacy scale doesn't differ by sex. In the study of Yücel et. al. (2013) conducted on table tennis players, it has been determined that female athletes trust the skills of their team mates less than male athletes. In the study of Atalay et. al. (2015) performed on futsal players, it has been stated that the items of "This team is weaker than other teams in the same sports" (Male>Female) and "My team isn't good enough" (Male>Female) differ by sex.

In study, collective efficacy scale differs by age. The highest average belongs to the age group of 16-21. Yücel et. al. (2013) has established in their study that as the age increases, the trust in the team and skills of team players

increases positively. In the study of Atalay et. al. (2015) conducted on futsal players, it has been indicated that the item of "The skills of my team mates are above the average" differs by the age group of 17-20.

Collective efficacy scale doesn't differ by the license. It has been ascertained in the study of Yücel et. al. (2013) that the longer the duration of being a licensed athlete is, the higher the trust in the team and the skills of team players becomes positively. In the study of Atalay et. al. (2015) conducted on futsal players, differences have been found in some items of the collective efficacy scale.

Collective efficacy scale differs by the duration of sports. The highest average belongs to the group of 4-7 years. In the study of Yücel et. al. (2013), it has been determined that the longer the duration of sports is, the higher the trust in the team and the skills of team players becomes positively. Collective efficacy scale differs by education. The highest average belongs to the university group. Collective efficacy scale differs by the sex of trainer. The highest average belongs to the female group. Collective efficacy levels of the athletes having a female trainer have been found to be higher. Collective efficacy scale doesn't differ by income, league and the position.



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CONCLUSION

It has been determined in the study that the collective efficacy levels of handball players differ by some variables. As a result, there is a positive relation between collective efficacy and performance. It is essential for athletes to trust each other and their teams in order to achieve and sustain success in team sports. Only a group of skilled athletes isn't enough for a successful team, these skilled athletes should act as a whole, share their responsibilities as required; in short, their collective efficacy beliefs should be high.

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