

■ **Table 23.1** ■

## Comparisons of Self-Efficacy and Related Constructs in Sport

Construct	Description	Goal-striving context	Sample item in sport
Self-efficacy	Belief in being able to organize and execute a course of action to reach a specific goal	Yes	How “confident” are you that you can kick a soccer goal in a penalty kick against this goaltender?
Sport confidence (Vealey, 1986)	Degree of certainty about the ability to be successful in sport	Yes	Compared with the most confident athlete you know, how confident are you that you can perform under pressure?
Self-confidence from Competitive State Anxiety Index-2 (CSAI-2; Martens, Vealey, & Burton, 1990)	Belief in being able to perform successfully in competition	Yes	In this competition, I’m confident I can meet the challenge.
Perceived competence and perceived ability	Belief in personal ability in a certain domain or across a set of behaviors that develops as a result of cumulative interactions with the environment	Yes	How likely do you feel that you are better than others your age at sports?
Outcome expectancy	Belief that a certain behavior will lead to a certain outcome	Yes	How confident are you that the goals you score will lead to approval from your coach?
Self-concept	Self-description profile, whether global or domain specific, formed through evaluative experiences and interactions with the social environment	No	I am athletic.
Self-esteem	Global or domain-specific judgment of self-worth and feelings of self-satisfaction	No	On the whole, I am satisfied with myself as an athlete.
Level of aspiration	Estimation of a given level of task-specific performance before attempting the task	Yes	How many targets will you hit in the next trial?
Locus of control	Global or specific expectancy that outcomes are within personal control or determined by external forces	Yes	Winning this event is under my control.
Sport confidence from Carolina Sport Confidence Inventory (CSCI) (Manzo, Silva, & Mink, 2001)	Dispositional belief that incorporates perceived optimism and competence in sport	Yes	I feel that if something can go right for me during sports, it will. (optimism) In the company of my peers, I feel that I am always one of the best when it comes to joining sport activities. (competence)

Reprinted, by permission, from D.L. Feltz, S.E. Short, and P.J. Sullivan, 2008, *Self-efficacy in sport: Research and strategies for working with athletes, teams, and coaches* (Champaign, IL: Human Kinetics), 25-26