

ABSTRACT

Thesis Title : The Comparative Study of Self Help Group and Goal-Setting
on Self-Efficacy and Freethrow Basketball Performance

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Degree Sought : Master of Science

Major : Counseling Psychology

Academic Year : 1999

Advisory Committee :

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The purpose of this study was to determine the differences between self help group and goal setting on self-efficacy and freethrow performance of basketball players. Samples consisted of 24 Mathayomsuka 3, male basketball players (age mean = 15.23, SD.0.59) who scored below 5 on self-efficacy. The samples were randomly divided into three experimental conditions with 8 players in each group. Players in the first self help condition, met weekly, discussed about their freethrow performances and gave support to members of the group. They also set goals for their shooting performances and practiced freethrow at three distances levels(2.90,4.35,and 5.80 metres) three times a week. At each distance levels , members practiced 8 times allowing for 10 trials per try. Players in the second group did not engage in self help group but underwent setting goal and practiced freethrowing. The third group, players received neither self help group nor goal setting but underwent practiced freethrowing.

Players in all three groups completed self-efficacy rating scale and their performances in freethrowing were recorded after each week. T-test and ANOVA were used for data analysis. The Tukey's test were employed in order to determine significant differences.

After 6 weeks, first group's players' scores on self-efficacy measure were higher than those of the third group at 2.90 metres (50%) and 5.80 metres (100%) but no significant difference in scores were found between the first and the second group. For the freethrow performance, results also indicated that the performance levels of the first and the second groups were comparable at 2.90 metres (50%). However, their self-efficacy scores and freethrow performances of both groups were significantly better than the third group. When comparison within the three groups was made after six weeks, post test scores for all three groups on self-efficacy and freethrow performance were proved to be superior statistically at .05 level of significant.

Discussion of results focused on the importance of using self help group and goal setting as mean to increase self-efficacy and freethrow performance for basketball players.