

Influence of Self-Efficacy on Soccer Engagement among Female University Students in Tanzania

Dr. Elisifa E. Nnko

Moshi Co-operative University, Tanzania.

Mr. Hussien H. Laizer

Moshi Co-operative University, Tanzania.

Abstract

University female students face numerous challenges, including depression, low self-efficacy, social anxiety, and a lack of self-identity due to high demand they face. Therefore, their engagement in soccer represents an excellent setting for their health and positive well-being. This study investigated the influence of self-efficacy on female students' soccer engagement in Tanzanian Universities. The study aimed at identifying the motivating factors, determining the perceived self-efficacy levels among female students soccer players, and examining the extent to which self-efficacy predicts female students' soccer participation. Guided by the Theory of Planned Behavior, the study adopted a descriptive research design, utilizing both qualitative and quantitative approaches to collect data from 111 respondents from 49 Higher Learning Institutions in Tanzania. Both correlation, regression and content analysis were used to analyse data. The findings indicated that the high possibility of being physically fit was the main reason for female students' engagement in soccer, believing that their active participation in soccer could increase their self-confidence. The study further found a positive relationship between self-efficacy and female students' engagement in soccer games, indicating moderate levels of self-efficacy among respondents. The findings from this study have the potential to address the numerous life challenges faced by girls and women, which hinder their full potential achievement in sports.