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The Comparison of Self – Efficacy and Tolerance of Ambiguity in Team and Individual Athletes and Non – athletes

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Abstract: The purpose of this study is to compare self – efficacy and tolerance of ambiguity in team and individual athletes and non – athletes. 116 participants (34 team athletes, 20 individual athletes, 62 non – athletes) were randomly selected. The instrument are self – efficacy and tolerance of ambiguity questionnaires. Statistical analysis of data indicated that there was not a significant difference among three groups in self – efficacy. But in tolerance of ambiguity there was a significant difference among the groups. In other words, tolerance of ambiguity in team athletes than in other groups. Also was showed a significant different between athletes in two groups with high and low tolerance of ambiguity in self – efficacy. Finding showed that there was a meaningful relation between self-efficacy and tolerance of ambiguity.

Key words:

Self – efficacy, Tolerance of ambiguity, Athletes , Students.

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- 1 - Mental Health
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- 1 - Miller & Carlyle
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