

## **Self-Efficacy and Self-Esteem as Predictors of Exercise Identity among Post Graduate Students of University of Ibadan, Oyo State**

**Olaseyo Toyosi<sup>\*</sup>, M.Ed, Fadero Oluwafemi Emmanuel, M.Ed**

Department of Human Kinetics and Health Education, Adekunle Ajasin University, Akungba Akoko, Ondo State, Nigeria

### **Original Research Article**

**\*Corresponding author**

*Olaseyo Toyosi*

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**Abstract:** This study examined the prediction of self-efficacy and self-esteem on exercise identity of the post graduate students of university of Ibadan, Oyo state. The population comprised all post graduate students of university of Ibadan. Six faculties were sampled using fishbowl with replacement sampling techniques, and a total of 300 respondents were randomly selected to participate in the study. The socio-demographic characteristic of the respondents showed that 62(20.7%) were within the range of 20-24 years, 157(52.3%) were within 25-29 years, 54(18.0%) were within 30-34 years, 20(6.7%) were within 35-39, years and 7(0.3%) were within 40 and above. 237(79%) were singles, 62(20.7%) were married and 1(0.3%) was divorced. 248(82%) were Christians, 48(16%) were Muslims and 4(1.3%) were traditional. 119(39.7%) stayed in school halls while 181(60.3%) stayed outside campus. A standardized questionnaire of self efficacy and a modified standardized questionnaire of self esteem were used to generate data. Descriptive statistic of frequency counts, percentages, mean, standard deviation were used to analyze demographic data while inferential statistics of Pearson Product Moment Correlation and multiple regression were used to test the formulated hypotheses at a =0.05 alpha level. Three research hypotheses were raised to guide the study, the result indicated that the attitude and exercise behavior of the post graduate students of university of Ibadan determines their exercise identity, but poor self-efficacy and self esteem contributed to the low status of exercise identity of many post-graduate students of university of Ibadan. The findings revealed that self-efficacy has a positive prediction on exercise identity of the postgraduate students of university of Ibadan ( $r=0.511$ ,  $p<0.05$ ), self-esteem has effective impact on achievement of exercise identity of the post-graduate students of university of Ibadan ( $r=0.318$ ,  $p<0.05$ ). It is therefore recommended that; workshop and seminars on Physical fitness, self-efficacy and self-esteem should be organized, physical fitness programmes should be developed as a general unit course and sporting facilities and equipment should be made available for all post graduate students of university of Ibadan.

**Keywords:** Exercise identity, Self-efficacy, Self-esteem, Physical fitness, Physical exercise.

### **INTRODUCTION**

#### **Background to the study**

Exercise Identity is an individual personal exercise features that distinct one from other persons. Someone with a strong exercise identity rejuvenates and augment his/her unique identity by exercising, and the augmentation of the exercise identity increases the likelihood that the individual will continue to cleave to exercise programmes in the future. Exercise identity means achieved or gained physical fitness of an individual through physical exercise. Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, joint mobility, promoting physiological well being, reducing surgical risks, and strengthening the

immune system. Fitness has health-related components and skill components which include; aerobic fitness, muscular strength, muscular endurance, flexibility and body composition [1]. Every individual do not have equal benefits from engaging in exercise. There is tremendous difference in individual response to training, where many people may see a moderate progress in endurance from aerobic exercises, some individuals may as much double their oxygen uptake, while others may never augment endurance. The exercise Identity status of an individual may be based on the level of an individual self efficacy and self esteem.

Self-efficacy is a person's judgment about being able to perform a certain activity. A strong sense

of self-efficacy facilitates human achievement and personal well-being in numerous ways. People with high assurance in their capabilities attempt difficult tasks or activities as challenges to be confronted rather than as threats to avoid, this efficacious outlook enhances intrinsic interest and deep engrossment in different activities. An individual will strong self efficacy set challenging goals and maintain strong commitment to them. They strengthen their efforts in the face of difficulties and failure. They quickly reactivate their sense of efficacy after failures. They view failure as an insufficient effort or deficient knowledge and skills which are attainable. They face difficult situations with believes that they can exercise control over them. Such an efficacious outlook produces personal accomplishments, reduces stress and lowers vulnerability to depression [2].

In contrast, people who doubt their capabilities shy away from difficult tasks which they view as personal threats. They have weak aspirations and low commitment to the goals they choose to attain. When faced with challenging goals, they dwell on their personal deficiencies, on the obstacles they want to encounter, and all kinds of adverse result rather than focusing on how to perform tremendously and succeed. They relent on their abilities and give up quickly in the face of challenges. They fall easy victim to stress and depression [2].

Self esteem is used to describe overall sense of self-worth, self respect or personal value of a person. Self esteem is seen as a personality trait that tends to be stable and enduring. It involves a variation of beliefs about the one self, such as the evaluation of one's own physical perception, emotions and behaviors. Self-esteem are classified into two "High Self-Esteem And Low Self-Esteem". High Self-esteem is the feelings of accomplishment and prestige that shows the need for self respect, self value and personal worth, while Low Self-Esteem is the process by which an individual has a negative evaluation about his or her self. These feelings in turn give rise to either basic discouragement or else compensatory trends. An appreciation of the necessity of basic self-confidence and an understanding of how helpless people are without self esteem [3].

Self efficacy and self esteem are important variables to be considered in achieving any goal, either difficult tasks or easy tasks. Because persons who have high self-efficacy, believe strongly in their own capabilities and also tend to have a high feeling of self-worth, to believe they are capable. Likewise, people who naturally feel they have a higher self-worth tend to also believe themselves to be capable of either doing the necessary tasks or learning how to do them. Together, the self esteem and self efficacy can make an individual achieves a high status of exercise identity.

But poor self esteem and low self efficacy may hinder the achievement of high status of exercise identity, because many think it is too rigorous and not easy to attain, while some have no self value, worth and respect that could motivate them to achieve the highest level of exercise Identity. It is on this ground the researcher wants to ascertain if self efficacy and self esteem can predict exercise identity of postgraduate students in university of Ibadan, Nigeria.

### **Statement of the Problem**

Exercise has been the most effective method of acquiring physical fitness, but conformity with exercise standards depends on one self evaluation of exercise identity which may be influenced by self esteem and self efficacy. Exercises have different effects on individuals and take time than expected to give the expected result. Today people who have not been engaging in regular physical exercise, could be as a result of lack of adequate knowledge of self-esteem and self-efficacy. It is on this ground this research investigated whether self efficacy and self esteem predict exercise identity among postgraduate students of university of Ibadan Oyo State in Nigeria.

### **General Objective of the Study**

The main objective is to determine whether self efficacy and self esteem contribute to the achievement of exercise identity among post-graduate students of University of Ibadan. However, the specific objectives are as follow:

- To investigate whether self efficacy contributes to the achievement and attainment of exercise identity of post graduate students of university of Ibadan.
- To investigate whether the sedentary life style of the post graduate students of the University of Ibadan is simply because of their low self-efficacy.
- To determine the contribution of self-esteem on exercise identity of the post graduate students of university of Ibadan.
- To determine whether self-efficacy and self-esteem could be the necessary intervention for the improvement of exercise identity of the post-graduate students of university of Ibadan.

### **Hypotheses**

The following hypotheses were tested for the study;

- Self efficacy will not be a significant predictor of exercise identity of the post graduate students of university of Ibadan.
- Self esteem will not be a significant predictor of exercise identity of the post graduate students of university of Ibadan.
- Self efficacy and self esteem will not significantly predict exercise identity of university of Ibadan post graduate students.

**Significance of the Study**

The empirical results of this study might provide a basis for establishment and confirmation of self efficacy and self-esteem as predictors of exercise identity of post graduate students of university of Ibadan. Also the data generated in this study might provide empirical bases for evaluating the attitude of post-graduate students of university of Ibadan towards exercise identity. The data may be useful to all researchers who may wish to study issues relating to physical exercise and physical fitness. The study may also open other techniques for promotion of self efficacy and self esteem among post graduate students of university of Ibadan.

**Operational Definition of Terms**

- Exercise Identity:** Individual’s fitness status.
- Physical Exercise:** physical activities carried out to improve health and fitness.
- Physical Fitness:** A mental and physical state of balance which allows an individual to function to his or her best ability in all aspects of life
- Self-Efficacy:** Self confidence of achieving goals.
- Self-Esteem:** A person’s self overall emotional evaluation.

**METHODOLOGY**

Descriptive survey research design was used for this study, all postgraduate students of university of

Ibadan, Oyo state consisted of the population, sample of 300 postgraduate students of university of Ibadan was used, Simple random sampling technique of fish bowl without replacement was used to select six faculties out of thirteen and Purposive sampling technique was used to select fifty postgraduate students as respondents from each of the selected faculties. The instrument for this study was a standardized and a modified standardized questionnaire. The questionnaire consisted of two sections, A and B. Section A dealt with demographic data of the respondents while section B was used to collect information on the variables of the study and it was of two parts. The questionnaires both adopted four likert scale type. The first part of the section B questionnaire was the exercise self-efficacy scale (ESES) by thilo kroll, Mathew kehn, pei-shu and Suzanne Groah in 2007 , and section B Questionnaire is modified standardized scale of Rosenberg’s self-esteem scale (RSES) with the reliability of 0.87 by 20 undergraduate students of university of Ibadan using Cronbach Alpha coefficient. Descriptive statistics of frequency count and percentages for the demographic data of the respondents and research questions, while inferential statistics of Pearson product Moment Correlation Coefficient and Multiple Regression analysis were used to test all the hypotheses at 0.05 alpha level.

**RESULTS**

**Table-1: Frequency distribution age of respondents**

Variables		Frequency	Percentage
Age	20 to 24years	62	20.7
	25 to 29years	157	52.3
	30 to 34years	54	18.0
	35 to 39yrs	20	6.7
	40yrs and above	7	2.3
<b>Total</b>		<b>300</b>	<b>100.0%</b>

**Table-2: Frequency distribution of marital Status**

Variables		Frequency	Percentage
Marital Status	Single	237	79.0
	Married	62	20.7
	Divorced	1	0.3
<b>Total</b>		<b>300</b>	<b>100.0%</b>

**Table-3: Frequency Distribution of Religion of respondents**

Religion	Frequency	Percentage
Christian	248	82.7
Muslim	48	16.0
Traditional	4	1.3
<b>Total</b>	<b>300</b>	<b>100.0%</b>

**Table-4: Frequency Distribution of Lodge of respondents**

Lodge	Frequency	Percentage
School Hostel	119	39.7
Off Campus	181	60.3
<b>Total</b>	<b>300</b>	<b>100.0%</b>

**Hypothesis One**

Self efficacy will not be a significant predictor of exercise identity of the post graduate students of University of Ibadan.

Table-5 showed Pearson Product Moment Correlation Coefficient (r) that there is a positive significant relationship between self efficacy and

exercise identity (r=0.511, P<0.05). P was lesser than 0.05 level of Significance. That is, there is a significant positive correlation between self efficacy and exercise identity of the post graduate students of University of Ibadan. Therefore null hypothesis was rejected. That is, there is a significant relationship between self efficacy and exercise identity of the post graduate students of University of Ibadan.

**Table-5: Correlation between self efficacy and exercise identity**

Variables	$\bar{X}$	S.D	1	2	P	Sig.
Exercise identity	51.33	5.932	1.000			
Self efficacy	29.54	4.766	.511**	1.000	0.000	Sig.

\*\* Correlation Significant at 0.05 level.

**Hypothesis two**

Self esteem will not be a significant predictor of exercise identity of the post graduate students of University of Ibadan.

Table-6 showed Pearson Product Moment Correlation Coefficient (r) that there is a positive significant relationship between self esteem and

exercise identity (r=0.318, P<0.05). P was lesser than 0.05 level of significance. That is, there is a significant positive correlation between self esteem and exercise identity of the post graduate students of University of Ibadan. Therefore null hypothesis was rejected. That is, there is a significant relationship between self esteem and predictor of exercise identity of the post graduate students of University of Ibadan.

**Table-6: Correlation between self esteem and exercise identity**

Variables	$\bar{X}$	S.D	1	2	P	Sig.
Exercise identity	51.33	5.932	1.000			
Self esteem	24.37	3.227	.318**	1.000	0.000	Sig.

\*\* Correlation Significant at 0.05 level.

**Hypothesis three**

Self efficacy and self esteem will not significantly predict exercise identity of the post graduate students of University of Ibadan.

The results from table-7 showed that there is a significant relationship among the independent variables (Self efficacy, self esteem) and exercise identity of the post graduate students of the University

of Ibadan. Exercise identity had positive significant correlation with self efficacy (r= 0.511, p<0.05), also with self esteem (r = 0.318, p<0.05), therefore hypothesis three was rejected. It means there was a significant relationship among the independent variables (Self efficacy, self esteem) and exercise identity of the post graduate students of the University of Ibadan.

**Table -7: Summary Correlations of Self efficacy and self esteem on exercise identity of the post graduate students**

Variables	$\bar{X}$	S.D	1	2	3	P	Remark
Exercise identity	51.33	5.932	1.000			-	
Self efficacy	29.54	4.766	.511**	1.000		0.000	Sig.
Self esteem	24.37	3.227	.318**	.275	1.000	0.000	Sig.

**DISCUSSION OF FINDINGS**

Based on the findings of the study, there was a significant relationship among the independent variables (Self efficacy, self esteem) and exercise identity of the post graduate students of the University of Ibadan. The implication of this is that, self-efficacy and self-esteem could help post graduate students of university of Ibadan to maintain exercise programmes that are effective for the achievement of exercise identity. The relationship between exercise identity and independent variables (self-efficacy, self-esteem) might

aid a long-term adoption of physical activities as the intervention strategy to enhance and develop exercise identity of the postgraduate students of university of Ibadan. This agrees with the submission of Slobodanka, Pavisi, Snezana & Dragan [4], Erin [5], that self esteem is formed as, and observed to be the participant interaction with the physical and social world. The above idea agreed with Maslow [3] who reported that, an appreciation of the necessity of basic self-confidence and an understanding of how helpless people are without self esteem. The implication of the finding

shows that self-efficacy, self-esteem and exercise identity have a cordial relationship because achievement of high status of exercise identity depends on the status of self efficacy and self esteem of an individual, which agrees with the submission of Nathaniel [6], in his emphasis on Six Pillars of Self-Esteem. The Practice of Living Consciously, the Practice of Self-Acceptance, the Practice of Self-Responsibility, the Practice of Self-Assertiveness, the Practice of Living Purposefully .the Practice of Personal Integrity.

The findings showed that there was a significant joint effect of the tested independent variables (Self efficacy, self esteem) on exercise identity of the post graduate students of the University of Ibadan. The above finding agrees that both self-efficacy and self-esteem could be used as treatments to achieve exercise identity of the post graduate students of university of Ibadan. Bandura [7] has shown that individuals who initially doubt their capacity feel dissatisfied with themselves and their achievements, and they are highly likely to lose interest in the task. Similarly, they will tend to avoid change and stick to goals they are certain to achieve. That is if the self-efficacy and self esteem of the post graduate students is positive, the achievement of exercise identity is certain.

The findings of the study showed that there was a relative contribution of independent variables (Self efficacy, self esteem) on exercise identity of the post graduate students of the University of Ibadan. The two independent variables have their separate contributions on the exercise identity of the post graduate students of university of Ibadan, although they have the joint effect in the study but they still have their different and separate percentages of contribution. Nathaniel Branden [8], agreed with the above idea by emphasizing on the Six Pillars of Self-Esteem. These are; The Practice of Living Consciously, the Practice of Self-Acceptance, the Practice of Self-Responsibility, the Practice of Self-Assertiveness, the Practice of Living Purposefully .the Practice of Personal Integrity. Bandura [7] also submitted that Perceived self-efficacy influences cognitive functioning through its impact on self-satisfaction with personal development and the demands of the goals selected. Self efficacy and self esteem have their separate contribution on exercise identity of the post graduate students of university of Ibadan Oyo state.

The findings of the study showed Self efficacy has a positive significant prediction on exercise identity of the post graduate students of University of Ibadan. The studies reviewed by Bandura [7] show that self-efficacy judgments affect the goals people set for themselves and their affective reactions to the levels of performance achieved in very different contexts. This

shows that the self efficacy status of the postgraduate students of university of Ibadan might predict their status of exercise identity

Based on the findings of the study, Self esteem has a positive significant prediction on exercise identity of the post graduate students of University of Ibadan. Self esteem is a positive predictor of exercise identity because if an individual has a positive self evaluation, it will motivate believe on self worth to achieve exercise identity. The self esteem status of the post graduate students of university of Ibadan might predict their status of exercise identity. Success in turn, leads to an improved self-esteem in a shorter amount of time [9].

Self efficacy and self esteem have positive significant prediction on exercise identity of the post graduate students of University of Ibadan. Both self efficacy and self esteem compositely improve the exercise identity of the post graduate students of University of Ibadan Oyo state, because the two variables have a similar relationship and are both psychological constructs to improve self worth and self achievement. National association of school psychologist [10], agreed with the above idea that Self-esteem is feeling good about oneself. Helping individuals develop stronger exercise identities would help them adopt and maintain more physically active lifestyles. Self-efficacy and self-esteem might predict the exercise identity of the post graduate students of university of Ibadan.

## SUMMARY

The purpose of this study is to examine the self- efficacy and self-esteem as predictors of exercise identity of the post graduate students of university of Ibadan, Oyo state. It was set out to look into the contribution of self-efficacy and self-esteem to the achievement of exercise identity. Four research questions and three hypotheses were formulated around those variables. An extensive review of related literature was carried out in the pertinent areas such as; an over view of exercise identity, exercise behavior, physical exercise, physical fitness, self-efficacy and self-esteem.

A standardized questionnaire of self efficacy and a modified standardized questionnaire self esteem were employed to generate data. Reliability test of the instrument was conducted using twenty undergraduate student of university of Ibadan. Data from the reliability coefficient of 0.815 was obtained. The reliability test enabled the researcher to get familiarized with the instruments, testing needed to carry out the study.

The data collected were analyzed with the inferential statistic of Pearson product Moment Correlation Coefficient and regression analysis was



used to predict the level of significant relationship between the independent variables and exercise identity of the post-graduate students of university of Ibadan, Oyo state. The probability level of the acceptance or rejection of each hypothesis was set at 0.05. Notable findings were discussed extensively, view of scholars on the related study of literature and all the three null hypotheses formulated were significant to the maintenance and promotion of self-efficacy, self-esteem and exercise identity.

### CONCLUSION

Based on the result of the study the following conclusions were made; self-efficacy and self-esteem played a vital role in achieving high status of exercise identity of the post graduate students of university of Ibadan Oyo state. The attitude and exercise behavior of an individual determines the physical fitness status of individuals. Many post graduate students of the University of Ibadan believed that self-efficacy and self-esteem played an important role in achieving exercise identity but could not even attempt any form of exercise. Poor self-esteem and self-efficacy contributed negatively to the physical life style of many post-graduate students and this could increase the mortality rate of so many post-graduate students, because a sedentary life style is exposed to many health problems.

### RECOMMENDATIONS

Sequel to the conclusion of this study, the following recommendations were made:

- Self-efficacy and self esteem workshop should be organized for post-graduate students, as this may enable them to know the importance and usefulness of these variables (self-efficacy and self-esteem) to achieve exercise identity and physical fitness.
- Physical fitness programmes should be developed as a general unit course for post-graduate students of university of Ibadan.
- Sporting facilities and equipments should be provided in all post-graduate halls, departments and faculties. This should strictly be for the post-

graduate students alone, as this may inculcate the interest and practice of physical exercise in them.

- Seminars and workshop should be organized for the post-graduate students on the needs and benefits of exercise towards the improvement of their health status.

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