

SELF-EFFICACY AMONG ADOLESCENT GIRLS

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INTRODUCTION

Operation: Girls Take Lead is a program that was implemented February 23, 2007 at Grambling State University, Grambling, Louisiana (USA). The program was designed to promote leadership through sport for female adolescents. The program emphasized four major topics: Sport as a positive alternative, Title IX, Health/ Nutrition, and Education. In addition, the program investigated the self-efficacy of the participants.

METHODS

The research included a cross-sectional, quantitative and non-experimental design. The pilot study asked questions relating to the participants involvement in sport, feelings about their appearance, and how does sport make them feel. The participants participated in a day long workshop and were then given a survey at the conclusion of the program. The thirty-five participants listened to adult women speak about how sport changed their lives. The women were of various body types and height. The women also stated they were proud of their body type and are all still very physically active. They were also given information about how physical activity can control obesity and future health issues.

RESULTS OR EXPECTED RESULTS

After participating in the mini-conference, the participants were asked about how they felt about their outward appearance. The majority of the participants indicated they had a positive outward view of themselves (n=23); the remaining stated they had a bad view of themselves (n=8). When asked about how sport makes them feel 97% of the participants stated that sport makes them feel good, energetic, and healthy. One participant however, stated that she did not like sports. All of the participants stated they would make an effort to participate more in sports.

DISCUSSION

In conclusion, the result showed that sport plays a big part in adolescent girl's self-efficacy; further emphasizing the importance of participating in sport and physical activity. Further recommendations include research on self-efficacy for male adolescents.

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