The Role of Self-monitoring and Self-efficacy on the Athletes' Motivation and Performance: Evidence from Athlete Training Institutions in Indonesia

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Abstract

Self-efficacy and self-monitoring are crucial for achieving an athlete's motivation and performance, which is the most important factor for the team's success. This feature deserves the attention of researchers, and the current work explores the effect of self-efficacy and self-monitoring on the performance of athletes in Indonesian training institutes. The study also investigates the mediating effect of self-monitoring between self-efficacy, self-monitoring, and athlete performance in Indonesian athletic training institutes. The study also utilized the primary data collected via survey questionnaires from the athletes. The study also employed smart PLS to examine the relationship between the understudy constructs. Self-efficacy and self-monitoring were found to have a good relationship with athletes' performance in Indonesian training institutes. The results also demonstrated that athlete motivation strongly influences the relationship between self-efficacy, self-monitoring, and athlete performance in Indonesian athletic training institutes. This research focuses on using self-efficacy and self-monitoring to enhance an athlete's performance, which guides policymakers.

Keywords: self-efficacy, self-monitoring, athletes' motivation, athlete's performance, athlete training institution

Introduction

Sports are highly appreciated on a global scale. There are several reasons for this, including the fact that exercise is one of the best sources of both mental and physical health and that it leads to increased task completion focus. The focus of sports is on the athletes. Throughout their careers, the athletes faced numerous obstacles. They encounter highs and lows in the form of successes and failures. Successful athletes use these ups and downs as learning opportunities to prepare for the future. Good athletes evaluate themselves in various ways to avoid repeating the same errors in the future (Sofyan, 2022). The focus of sports is on the athletes. The nations make extra efforts to raise the standard of athletic competition by creating talented athletes. Developing nations are demonstrating a growing interest in the advancement of sports as time passes. Likewise, the sports chosen in nations where the predominant religion is Christianity may differ from those preferred in countries where the predominant religion is Islam (Purwanto & Burhaein, 2021). This inquiry aimed to improve the athlete's performance in Indonesia. The institution is an important aspect of generating outstanding athletes. For the athletes, the coaching institutes serve as a benchmark. In Indonesia, athletic training falls under health and physical education (Purwanto & Burhaein, 2021; Tanasaldy & Palmer, 2019).

Given that the athletes encountered several challenges throughout their careers. Athletes sometimes slip into a dark period as a result of poor performance. Similarly, athletes frequently fail to recognize their flaws when performing exceptionally. In both instances, the role of the coach's video training institutions is crucial. To generate great athletes, boost their performance, and get them back on track after a poor performance, sports governing bodies worldwide ensure the installation of the best sports coaches from all over the world. Coaching is an artistic endeavor. Self-monitoring, self-efficacy, and motivation aid the athlete during the good or bad phase (Delrue et al., 2019; Stephen, Habeeb, & Arthur, 2022). The coaches can assist and instruct the players in overcoming obstacles such as self-monitoring. Athletes are encouraged to ensure self-monitoring to evaluate their inadequacies to overcome them more effectively (Sofyan, 2022; Tanasaldy & Palmer, 2019). Hence, there is a significant relationship between self-monitoring and athlete performance, as the athlete can avoid these deficiencies in future phases by training hard. Self-efficacy is another component that substantially

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influences an athlete's performance. Self-efficacy is all about confidence and resolve. There is a significant relationship between self-efficacy and athlete performance because hard work, self-efficacy, and coaching all contribute to an athlete's ability to improve his performance and, in the case of poor performance, to pull himself out of a slump (Stephen et al., 2022). Participation in sports activities provides a more accurate depiction of a country's sports priorities. Considering the abovementioned characteristics, this study aimed to investigate the relationship between self-monitoring, self-efficacy, and athletic performance in Indonesia.

The globe has become a global village, and this globalization has led to a revolution in media, such as social media and other associated media. The excessive use of social media has confined the globe, particularly the youth, to their homes, resulting in a significant decline in sports participation, particularly in developing nations like Indonesia. 2) Scheithauer and Kelley (2017) and Guzman, Goldberg, and Swanson (2018) investigated whether there is a relationship between self-monitoring and individuals' performance at different times. The significance of the present study is twofold: 1) the present study will highlight the importance of athletes' performance for any sport to promote sports activities to avoid media effects as the world is avoiding sports and other related activities, which harms their health; and 2) the present study will also provide the support to sports-related professionals to review and upgrade their policies to improve the quality of their services.

Literature Review

This paper studies the effects of self-efficacy and self-monitoring on athlete performance and the moderating effect of self-monitoring among self-efficacy, self-monitoring, and athlete performance in Indonesian athlete training facilities. Sports are highly regarded throughout the world. There are various reasons for this, including the fact that it is one of the best sources of mental and physical wellness and increases concentration on the task at hand. The focus of sports is on the athletes. Throughout their careers, the athletes encountered a variety of obstacles. They experience ups and downs in the shape of victories and defeats. These ups and downs are the sources of learning for a competent athlete in terms of improved future preparation. Good athletes learn from their ups and downs and assess themselves in many ways to avoid making the same mistakes in the future. Self-monitoring is crucial in this context. Self-monitoring is all about individual analysis to detect the occurrence of changes.

Improved self-monitoring leads to enhanced athletic performance. Self-monitoring influences an individual's performance, according to the literature. In this regard, Scheithauer and Kelley (2017) examined whether college students' self-monitoring through ADHA affects their academic performance. In China, the investigation was conducted. The investigation employed a sample of 53 hired participants, 41 finished the study and moved on to analysis. Participants were separated into three distinct groups. According to the investigation findings, students' academic performance is improved due to self-monitoring.

Moreover, the degree of improvement differs between groups. Similarly, athlete students try to improve their academic performance in all areas, including reading, writing, speaking, and learning. The cumulative performance of all parts is the pupils' overall performance. Guzman et al. (2018) conducted a meta-analysis of self-monitoring on reading performance in this setting. The investigation was conducted with children in grades K-12. The analysis utilized 19 articles to conclude that the self-monitoring of K-12 pupils improves their academic performance. Likewise, students and employees share comparable characteristics. Companies worldwide implement specialized training and programs to enhance the performance of their employees. In addition, they believe that self-monitoring impacts employee performance. In this context, Emine (2020) studied whether self-monitoring and contextual performance are associated. In Turkey, the investigation was conducted. The investigation utilized a sample of 205 hotel industry personnel. Questionnaires were used to collect the sample, which was then analyzed using PLS-SEM modeling. The analysis indicated that self-monitoring and employee performance have a significant relationship. The nature of the relationship is beneficial because self-monitoring improves employee performance. Thus, the following hypothesis is formed from the preceding discussion:

H1: *The self-monitoring significantly affects athlete performance in Indonesia.*

Self-efficacy is regarded as crucial to success. Self-efficacy leads to enhanced skills, improved performance, and situational handling in sports. Literature suggests a lack of self-efficacy hinders an athlete's learning ability (van Raalte & Posteher, 2019). A significant correlation exists between self-efficacy and athletic performance. Ayundasari, Sudiro, and Irawanto (2017) studied whether self-efficacy and job motivation affected employee performance in this scenario. In Indonesia, the investigation was carried out. The investigation used a sample of 77 respondents to collect data. The sample was collected through the use of questionnaires. The analysis was conducted using the PLS technique. According to the inquiry findings, job motivation and self-efficacy were found to have a strong

relationship with employee performance. Both job motivation and self-efficacy contribute to improved employee performance. In addition, job satisfaction positively modulates the association between employee performance, work motivation, and self-efficacy.

Similarly, Nusannas et al. (2020) examined if self-efficacy combined with employee engagement influences employee performance. In Indonesia, the investigation was carried out. The investigation utilized a sample of data from 119 respondents. The sample was collected through the use of questionnaires. The analysis was obtained using the SPSS technique. The analysis indicated a substantial relationship between self-efficacy and employee performance. Employee performance improves when self-efficacy is present.

In contrast, the findings demonstrated that employee involvement has little bearing on employee performance. In addition, Carter et al. (2018) examined whether self-efficacy and employee engagement impacted employee performance. The inquiry was conducted in the laboratory department. The analysis utilized a data sample of 64 laboratory personnel at three levels, including managers, supervisors, and frontline workers, from 20 laboratories with medium-sized branches. The sample was collected through the use of questionnaires. The analysis was obtained using the SPSS technique. Both employee engagement and self-efficacy were found to have a substantial relationship with employee performance, according to the inquiry findings. Both outcomes improve the employee's performance.

Football is one of the most popular and widely followed sports worldwide. The nations exert extra effort to generate talented athletes. The football coaches insist on full effort throughout practices. It is important to determine whether self-efficacy leads to enhanced football learning. In this context, Sivrikaya (2018) explored if self-efficacy plays any influence on the improvement of football players' performance. In Turkey, the investigation was conducted. The study utilized a sample of 52 boys. It is important to note that the sample population was completely uninformed of football's scissors kicks. The sample was collected through the use of questionnaires. The collected sample was analyzed with the assistance of SPSS. The analysis indicated that self-efficacy is significantly associated with the knowledge of athletes. Self-efficacy assisted the subjects in learning the scissors kicks. Therefore, the following hypotheses are drawn from the above discussion:

H2: *Self-efficacy significantly affects athlete performance in Indonesia.*

When the performance of both the employee and the athlete fluctuates, the coaches adopt various techniques to boost their morale and performance. The aspects like inspiration, support, and comfort play key roles in bringing the athlete from the negative phase. Besides that, if an athlete is currently performing well, such activities improve one's performance. Self-monitoring affects athletic performance, but motivation functions as a mediator in the interaction. Similarly, Barcza-Renner et al. (2016) explored whether perfectionism and motivation modulate the association between regulating coaching behavior and athlete burnout. Swimming athletes were the subject of the study. The investigation was conducted on 487 swimmers. The sample was collected through the use of questionnaires. SEM was utilized to examine the collected material. According to the study results, perfectionism and motivation successfully buffer the relationship. In this regard, Appleton and Hill (2012) examined whether regulation-based motivation can moderate the association between perfectionism and athlete burnout. The probe was conducted on the elite junior athlete. The investigation involved 231 junior-level athletes. The sample was collected through the use of questionnaires. The collected sample was examined using regression analysis. The analysis indicated that motivational restrictions have a substantial role as a mediator between perfectionism and burnout among athletes. Thus, the following hypotheses are obtained from the argument mentioned above:

H3: *Athlete motivation significantly mediates the nexus between self-monitoring and athlete performance in Indonesia.*

Self-efficacy is among the most important success criteria for employee and athletic performance. Despite this, athletes are frequently stuck in a difficult period. This is one of the most important obstacles for athletes to overcome, as failure to do so might result at the end of their careers. Research suggests that motivation is one factor influencing the relationship between self-efficacy and performance in athletes. Francisco Palacios et al. (2018) examined whether self-motivation mediates the association between psychological needs fulfillment and athlete involvement. The investigation was conducted on athletes from various sports. The inquiry involved 426 athletes as participants. The sample was collected through the use of questionnaires. With the aid of SPSS-SEM, the collected sample was examined. According to the study, self-motivation influences the association between psychological needs satisfaction and athlete involvement. Jowett et al. (2013) also examined whether autonomous and regulated motivation modulates the association between perfectionism and athlete burnout. The probe was conducted on the elite junior athlete. The investigation involved 211 junior athletes. The sample was collected through the use of questionnaires. The collected sample was examined using an MLR estimator. According to the study results, autonomous and regulated motivation successfully mediate the relationship. Therefore, the following hypotheses are drawn from the above discussion:

H4: *Athlete motivation significantly mediates the nexus between self-efficacy and athlete performance in Indonesia.*

Research Methodology

This paper studies the effects of self-efficacy and self-monitoring on athlete performance and the moderating effect of self-monitoring among self-efficacy, self-monitoring, and athlete performance in Indonesian athlete training facilities. The study also utilized the primary data collected via survey questionnaires from the athletes. Self-monitoring has six items (Krukowski et al., 2022). Self-efficacy has eight (Bateman et al., 2022), athletes' motivation has five (Hagiwara et al., 2022), and athletes' performance has ten (Forsdick et al., 2022; Krukowski et al., 2022).

Respondents for this study are athletes from Indonesian athletic training facilities. In addition, 523 questionnaires were sent out, but only 295 were returned and analyzed. These responses have a response rate of approximately 56.41 percent. In addition, smart-PLS was used to examine the connection between understudy structures. The article utilized two distinct notions: self-monitoring (SM) and self-efficacy (SE). In addition, athletes' motivation (ATM) served as the mediating variable, while athletes' performance (ATP) was the dependent variable. These structures are shown in Figure 1.

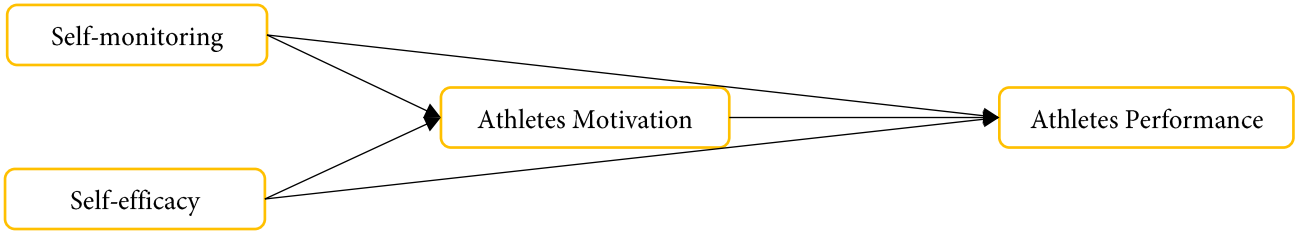

Figure 1: Theoretical framework

Research Findings

The research results demonstrate the convergent validity that explains the association between the items. The results indicated that the composite reliability (CR) and Alpha values exceed 0.70. In addition, the results revealed that both the average variance extracted (AVE) and factor loadings exceed 0.50. These numbers revealed a strong association between items. The values are presented in Table 1.

Table 1

Convergent validity

Constructs	Items	Loadings	Alpha	CR	AVE
Athletes Motivation	ATM1	0.844	0.917	0.938	0.751
	ATM2	0.881			
	ATM3	0.874			
	ATM4	0.834			
	ATM5	0.900			
Athletes Performance	ATP1	0.807	0.907	0.924	0.579
	ATP10	0.641			
	ATP2	0.795			
	ATP3	0.821			
	ATP4	0.805			
	ATP5	0.788			
	ATP6	0.773			
	ATP8	0.802			
	ATP9	0.577			
Self-efficacy	SE1	0.901	0.975	0.979	0.869
	SE2	0.928			
	SE3	0.956			
	SE4	0.944			
	SE5	0.911			
	SE7	0.953			
	SE8	0.929			
Self-monitoring	SM1	0.836	0.893	0.919	0.655
	SM2	0.849			
	SM3	0.705			
	SM4	0.768			
	SM5	0.838			
	SM6	0.849			

The research results also demonstrate the discriminant validity that explains the link between variables. Cross-loadings and Fornell-Larcker were employed initially to investigate the discriminant validity. The results revealed that the numbers indicating the association between variables alone are greater than those indicating the association with other variables. These data revealed a low degree of connection between variables. These values are displayed in Tables 2 and 3.

Table 2

Fornell Larcker

	ATM	ATP	SE	SM
ATM	0.867			
ATP	0.381	0.761		
SE	0.415	0.471	0.932	
SM	0.425	0.508	0.494	0.809

Table 3

Cross-loadings

	ATM	ATP	SE	SM
ATM1	**0.844**	0.339	0.346	0.309
ATM2	**0.881**	0.352	0.357	0.390
ATM3	**0.874**	0.335	0.346	0.374
ATM4	**0.834**	0.303	0.382	0.391
ATM5	**0.900**	0.323	0.369	0.376
ATP1	0.292	**0.807**	0.305	0.358
ATP10	0.211	**0.641**	0.341	0.260
ATP2	0.332	**0.795**	0.325	0.373
ATP3	0.326	**0.821**	0.332	0.403
ATP4	0.286	**0.805**	0.306	0.350
ATP5	0.301	**0.788**	0.393	0.455
ATP6	0.335	**0.773**	0.429	0.460
ATP8	0.305	**0.802**	0.406	0.447
ATP9	0.184	**0.577**	0.358	0.304
SE1	0.388	0.420	**0.901**	0.455
SE2	0.356	0.459	**0.928**	0.444
SE3	0.406	0.441	**0.956**	0.471
SE4	0.415	0.417	**0.944**	0.476
SE5	0.384	0.430	**0.911**	0.462
SE7	0.402	0.445	**0.953**	0.468
SE8	0.358	0.462	**0.929**	0.446
SM1	0.334	0.405	0.384	**0.836**
SM2	0.346	0.451	0.451	**0.849**
SM3	0.339	0.361	0.317	**0.705**
SM4	0.360	0.394	0.400	**0.768**
SM5	0.335	0.401	0.378	**0.838**
SM6	0.351	0.448	0.456	**0.849**

The research results also demonstrate the discriminant validity that explains the link between variables. Second, the Heterotrait-Monotrait (HTMT) ratio was employed to assess the discriminant validity. The results revealed that the numbers are fewer than 0.85. These data revealed a low degree of connection between variables. Table 4 demonstrates these values.

Table 4

Heterotrait Monotrait ratio

	ATM	ATP	SE	SM
ATM				
ATP	0.414			
SE	0.439	0.499		
SM	0.470	0.555	0.527	

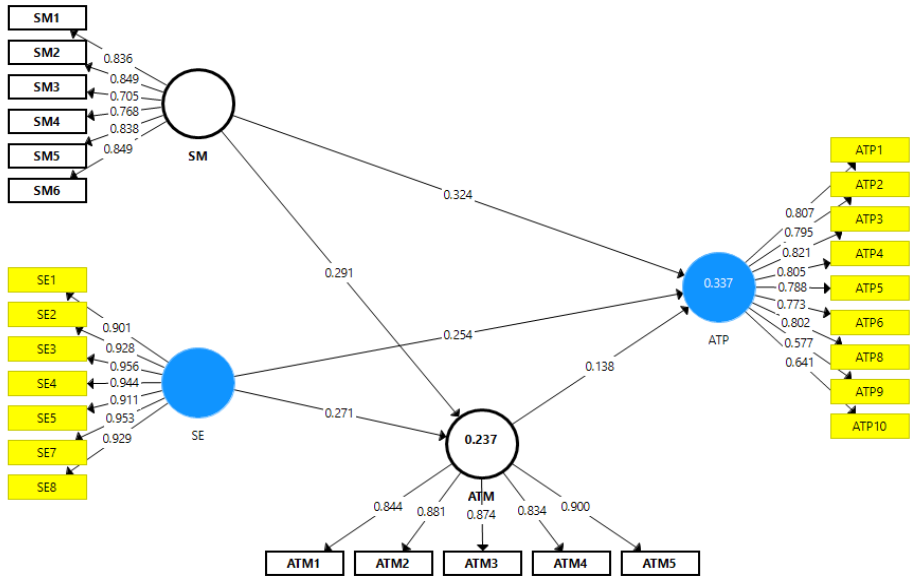

Figure 2: Measurement model assessment

The results suggested that self-efficacy and self-monitoring had a favorable relationship with the performance of athletes in Indonesian training institutes for athletes and supported hypotheses H1 and H2. The results also demonstrated that athletes' motivation significantly mediates the relationship between self-efficacy, self-monitoring, and athlete performance in Indonesian athletic training institutions and supports hypotheses H3 and H4. The values are presented in Table 5.

Table 5

A path analysis

Relationships	Beta	Standard Deviation	T Statistics	P Values
ATM -> ATP	0.138	0.071	1.934	0.028
SE -> ATM	0.271	0.066	4.104	0.000
SE -> ATP	0.254	0.069	3.666	0.000
SM -> ATM	0.291	0.064	4.553	0.000
SM -> ATP	0.324	0.067	4.870	0.000
SM -> ATM -> ATP	0.040	0.021	1.910	0.030
SE -> ATM -> ATP	0.037	0.022	1.665	0.050

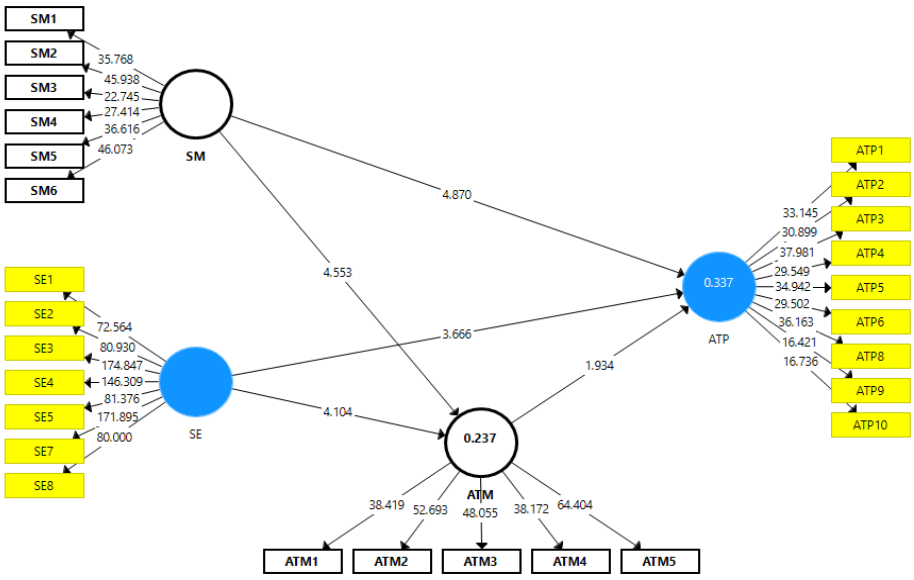

Figure 3: Structural model assessment

Discussions

This paper studies the effects of self-efficacy and self-monitoring on athlete performance and the moderating effect of self-monitoring among self-efficacy, self-monitoring, and athlete performance in Indonesian athlete training facilities. The findings revealed a positive correlation between self-monitoring and athlete performance. These findings are consistent with the research of Chow and Luzzeri (2019), which demonstrates that if an athlete can monitor their presentations, disposition, and behaviors while interacting with team members under the direction of a team leader, they can manage their emotions and behavior following the leader's requirements. The team's resulting effectiveness ensures athletes' performance on the playing field. These findings are also consistent with the findings of Balk and Englert (2020), who found that self-monitoring assists athletes in evaluating their performance during training sessions or test matches and preparing for the final contest. Hence, their performance is enhanced.

The findings revealed a positive relationship between self-efficacy and athlete performance. These findings concur with Walter, Nikoleizig, and Alfermann (2019) examination of the importance of self-efficacy in athletic performance. The research indicates that athletes must participate in training sessions before the competition. If they have self-efficacy, they will gain more from their training participation. These sportsmen can improve their performance by joining opposing teams. These findings are also consistent with Anstiss, Meijen, and Marcora (2020) findings, which indicate that athletes with high self-efficacy can overcome obstacles and recover from setbacks. These sportsmen are resilient on the playing field and have superior performance.

The results demonstrated that athlete motivation mediates the relationship between self-monitoring and performance. The research of Menting, Hendry, Schiphof-Godart, Elferink-Gemser, and Hettinga supports these findings (2019). This previous study hypothesizes that athletes with self-monitoring can observe their thoughts, emotions, and actions and modify them as necessary. They can acquire a desire to play a game, which encourages them to continue learning to reach the goal. Hence, athlete motivation facilitates the connection between self-monitoring and performance. These results are also consistent with Halson (2019). According to this study, self-monitoring keeps athletes aware of their own psychological development and physical performance. Athletes' self-monitoring creates a desire to play with amazing success. And this self-motivation boosts athletes' performance as a result of self-monitoring.

The results demonstrated that athlete motivation mediates the relationship between self-efficacy and performance. These findings are consistent with those of Chrysidis, Turner, and Wood (2020), who found that athletes with self-efficacy are positive regarding their ability to acquire and implement unique skills when playing a game on the playground. These athletes are self-motivated to play games, and their motivation enhances their concentration and implicit learning, allowing them to perform well. Thus, athlete motivation strongly affects the relationship between self-efficacy and performance. These findings are also consistent with the research of Pettit and Karageorghis (2020), which demonstrates that the athlete motivation that develops as a result of self-efficacy enables the athlete to continue learning and demonstrate improved performance.

Implications

This research article contains guidelines for authors in light of their contribution to the field of study. This essay provides profound insights into the relationship between self-monitoring and self-efficacy and the performance of athletes. It contributes to the literature by debating the function of athlete motivation as a mediator between self-monitoring, self-efficacy, and athlete performance. This study examines the demand for athlete performance in Indonesia. It sheds light on self-monitoring and self-efficacy in athlete motivation and performance in Indonesian athlete training institutes.

This study is of major importance to athletic training facilities and sports teams in nations where sports play a significant role in economic and cultural development. This study includes recommendations for enhancing athlete performance. The study recommends that institutional administrators and team captains foster self-monitoring among athletes to increase athlete performance. It suggests that they must practice the processes for developing self-efficacy in athletes to increase performance. The study suggests that self-monitoring should be incorporated into sporting methods. It would strengthen the motivation of athletes and enhance their athletic performance. This research focuses on using self-efficacy and self-monitoring to enhance an athlete's performance, which guides policymakers. In addition, research indicates that athlete training institutions must strive to increase athlete self-efficacy and boost athlete motivation and performance on the field.

Conclusion

This study aimed to determine the connection between self-monitoring, self-efficacy, and athlete performance. One of its objectives was to determine the relationship between self-monitoring, self-efficacy, and athlete performance. Questionnaires were devised and distributed in Indonesian athletic training institutions to collect data on self-monitoring, self-efficacy, athlete motivation, and athlete performance. According to the research, self-monitoring, and self-efficacy have a good relationship with athlete performance. The findings indicated that if an athlete can monitor their emotions, thoughts, and behaviors, they may modify them based on the situation and requirements. Hence, individuals can benefit more from training and perform effectively. According to the findings, athletes with high self-efficacy can learn from training and game experience and overcome failures. These athletes demonstrate superior performance. In addition, the data demonstrate that athlete motivation significantly moderates the relationship between self-monitoring, self-efficacy, and athlete performance. Self-monitoring and self-efficacy motivate athletes to play and win on their own accord. Hence, this self-motivation boosts the performance of athletes.

Limitations

Future scholars will need to consider certain limitations linked with this article. The role of only two components, self-monitoring and self-efficacy, in athlete performance, is investigated. Yet, leadership style, physical fitness, sports training, and other factors influence the performance and success of athletes. Yet, authors disregard these characteristics when evaluating athlete performance. Future writers are advised to improve the readability and applicability of their research by including other variables that may affect athlete performance. In addition, only one mediator, such as athlete motivation, was examined as a mediator between self-monitoring, self-efficacy, and athlete performance in this study. For comprehensive research, additional variables must moderate the association between self-monitoring, self-efficacy, and athletic performance.

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