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## The relationship between self-efficacy and the skills of serving and preparation in volleyball

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### Abstract

The research aimed to: identify the relationship between perceived self-efficacy and some basic volleyball skills for the players of the College of Physical Education and Sports Sciences team at the University of Basra, and to identify the perceived self-efficacy for the players of the College of Physical Education and Sports Sciences team at the University of Basra.

The research community included 75 female students in the third stage of the academic year 2022/2023, and the sample was based on (60) female students, representing a percentage of (80%) for the sake of construct validity (statistical analysis of the items and 10 female students out of 60 for the purposes of the exploratory experiment and scientific foundations). The researcher concluded: The perceived self-efficacy of the female volleyball players in the College of Physical Education and Sports Sciences at the College of Physical Education and Sports Sciences is good, and the perceived self-efficacy of the female players of the College of Physical Education and Sports Sciences team at the University of Basra is linked to a significant correlation with their ability to perform the serving skill. It recommended emphasizing the development of the perceived self-efficacy of the female players of the College of Physical Education and Sports Sciences team at the University of Basra. Volleyball sports because it has a significant impact on the psychological state and performance level of female players



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