

Physical Self-efficacy and Goal Orientation of Hong Kong Primary Students in Physical Education Lessons

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Physical self-efficacy, positive feelings about one's physical capabilities, and goal orientation are important theories in education psychology (Mitchell, 1996). This study explores the relationship between physical self-efficacy and goal orientation of Hong Kong primary students in physical education (PE) lessons. Physical self-efficacy was measured by means of validated Physical Self-efficacy Scale while the goal orientation of students was measured with Ego and Task Orientation Scale-Chinese Version. 300 Questionnaires were sent to 6 primary schools of Hong Kong including the districts of Hong Kong Island, Kowloon and the New Territories. 268 valid questionnaires were collected, computed and analyzed. Strong correlations were found among physical self-efficacy, goal orientation, task goal orientation and ego goal orientation between the different age groups, school districts and the participation of students in extra curriculum activities related to sports. This study suggests the planning of new PE curriculum and the setting of pedagogy under the new education reform should take goal orientation into account as it potentially affects the physical self-efficacy of students to perform tasks; additionally, specific PE curriculum should be developed in different regions for different students of different age as they have different self-efficacy in performing their tasks in PE lessons (Fu & Hao, 2001).

References :

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