

Abstract:

Self-efficacy was found as a strong predictor of sport performance in many researches. In this paper we focus on self-efficacy in children doing sport and we observe the relationship between self-efficacy, competitive anxiety and sport performance in children. In theoretical part we define self-efficacy, its sources and types of self-efficacy measurements in sport and physical activity. We summarize knowledge from previous researches and we also give some information about sport in children, especially about their physical and mental sport preparation. Empirical part of this paper presents our research done with young swimmers aged 10-15 years. We used *Physical Self-efficacy Scale for children PSE* and *Competitive State Anxiety Inventory for Children CSAI-2C*. Despite of our assumptions we didn't find self-efficacy or competitive anxiety to be a strong predictor of objective sport performance. Significance was found in subjective performance and its relationship to self-efficacy (positive correlations) and precompetitive cognitive anxiety (negative correlations).

Keywords:

Self-efficacy, precompetitive anxiety, sport, adolescence, CSAI-2C, PSE