

The speaker discusses their doctoral study in physical education, with an emphasis on sports psychology, which was completed in August 2022. The research involved three papers, one of which validated a sports self-efficacy questionnaire for the Brazilian context. The study emphasized the importance of self-efficacy as a component of mental toughness, influencing athletes' decision-making, motivation, and team performance, especially in the face of challenges.

The speaker highlights the contributions of Professor Albert Bandura, a key figure in the field, known for his theory of social learning and the concept of self-efficacy, which he viewed as crucial for overcoming life's obstacles. Initial plans for the study included surveying athletes from Brazil's 2020 National League but were hampered by the COVID-19 pandemic. Ultimately, data was collected from five of six teams, utilizing various assessment tools and engaging in statistical analyses.

Results indicated high levels of perceived self-efficacy and mental toughness among athletes, with self-efficacy positively correlating with victories and negatively correlating with errors. The findings aim to provide value to sports psychologists and coaches in optimizing training and performance, emphasizing the need to cultivate self-efficacy and resilience in athletes. Additionally, the pandemic's impact on team dynamics and athlete availability is acknowledged.