

## STUDY OF SELF EFFICACY AMONG ADOLESCENTS IN RELATION TO THEIR WELL-BEING

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### ABSTRACT

The present study has been undertaken to study Self Efficacy of adolescents in relation to their well-being. For this study 200 students of 10+1 class of government senior secondary schools of Ludhiana city were taken. Self Efficacy Scale by (Mathur and Bhatnagar 2012) and General Well-Being Scale by (Kalia and Deswal, 2012) were used to collect the data. Descriptive survey method was used. The results of the study shows that there exists a average positive correlation between Self Efficacy and well-being among adolescent boys as well as girls on the basis of their physical, emotional, social and scholastic well-being.

**KEYWORDS:** Sel Efficacy, Well-Being, Adolescents

### INTRODUCTION

Education helps in developing all the aspects of individuality namely physical, mental, moral, emotional, social and spiritual. It enables to meet their basic needs and necessities of life. . Believe and achieve are the secrets of success in various aspects of human life. You must believe in yourself, your capabilities and you must believe that you are going to succeed. This belief is necessary and is called Self Efficacy

The term Self Efficacy was first coined around forty years ago by *Albert Bandura(1997)*. Since Bandura published his seminal paper, *Self Efficacy: toward unifying theory of behavioural change,*” in 1977 the subject has become the most studied topic in psychology. Bandura(1986) defined Self Efficacy as “people’s judgment of their capabilities to organize and execute courses of action required to attain designated types of performance. It is not concerned with the skills one has but with judgments of what one can do with whatever skills one possesses”

Bandura also affirmed that Self Efficacy beliefs develop in response to four sources of information. These are:

- Enactive Experiences: It implies that success in the performance of a given task will increase the Self Efficacy of a person who has successfully performed the task.
- Vicarious Experience: It involves experiences where other people are seen to succeed or fail and how that can affect ones own Self Efficacy.
- Verbal Persuasion: verbal persuasion of a realistic can encourage efforts that are more likely to increase efficacy through success while physiological and affective conditions such as stress can also affect Self Efficacy.

Thus by learning how to minimize stress and elevate mood when facing difficult and challenging tasks, people can improve their Self Efficacy.

The Well-Being of people is the basis of prosperity and development in the country. Achieving Well-Being in the general population is the goal of modern civilization. Most of the countries are now encouraging their population to lead healthier life by engaging in health promotion, physical as well as psychological. With the apparent increase in the pace of life in our societies, adolescents in particular have been identified as challenging period of life span. For adolescents dealing with multiple changes in all domains of their lives, well being is important factor.

Well-Being may be defined as the subjective feeling of contentment, happiness, satisfaction with life's experiences and one's role in the world of work, sense of achievement, utility belongingness and no distress, dissatisfaction or worry etc. well being requires harmony between mind and body.

Well-Being is concerned with how and why people experience their lives in positive ways, including both cognitive judgment and affective reactions. As such, it covers terms as happiness morale and positive affect.

Wang (2000) in their research reported that general Self Efficacy was related to physical and mental health. Tong (2004) investigated that Individuals with stronger general Self Efficacy reported higher level of subjective Well-Being. General Self-Efficacy of low Socio Economic Status college students had significantly positive correlation with General Affect, Life Satisfaction and Well-Being. Research results indicated that Socio Economic Status had an important effect on general Self Efficacy and subjective Well-Being. General Self Efficacy was positively related to subjective Well-Being. Motl and Snook (2008) showed that greater Self Efficacy beliefs in function control were associated with being more physically active and were positively associated with greater physiological and psychological components of life. Messey et al. (2009) found that Well-Being was positively associated with goal related self-efficacy. David et al. (2009) investigated that perceived bicultural Self Efficacy was found to be positively related to bicultural college students' psychological Well-Being and Mental Health. Avanziet al. (2013) used the Italian version of the Norwegian Teacher Self Efficacy Scale. The study showed expected correlations with measures of job-related Well-Being.

### **Objectives of the Study**

The present study intends to fulfill the following objectives.

- To study the relationship between Self Efficacy and Well-Being among adolescents boys and girls)
- To study the relationship between Self Efficacy and physical Well- Being among adolescent boys and girls.
- To study the relationship between Self Efficacy and emotional Well-Being among adolescent boys and girls.
- To study the relationship between Self Efficacy and social Well-Being among adolescent boys and girls.
- To study the relationship between Self Efficacy and scholastic Well-Being among adolescent boys and girls.

### **Hypotheses**

The present study was intended to test the following hypothesis:

- There exists a significant relationship between Self Efficacy and Well-Being among adolescent boys and girls.
- There exists a significant relationship between Self Efficacy and physical Well- Being among adolescent boys and girls.
- There exists a significant relationship between Self Efficacy and emotional Well-Being among adolescent boys

and girls.

- There exists a significant relationship between Self Efficacy and social Well-Being among adolescent boys and girls.
- There exists a significant relationship between Self Efficacy and scholastic Well-Being among adolescent boys and girls.

**Method**

In the present study descriptive survey method was employed.

**Sample**

For the present study a sample of 200 students was selected randomly from different government senior secondary schools of Ludhiana city.

**Measures**

- Self Efficacy Scale (2012) by G.P.Mathur and R.K.Bhatnagar.
- General Well-Being Scale (2012) by Ashok.K.Kalia and Anita Deswal.

**RESULTS**

To find out, correlation between Self Efficacy and Well-Being of adolescent boys and girls co-efficient of correlation was calculated. The results are presented in the tables below:

**Table 1: Correlation of Self Efficacy and Well-Being among Adolescents (Total Sample, Boys and Girls)**

Respondent	Correlation	Level Of Significance
Total Sample(N=200)	0.42**	Significant at 0.01 level of confidence
Boys (N=100)	0.55**	Significant at 0.01 level of confidence
Girls (N=100)	0.34**	Significant at 0.01 level of confidence

Table 1 shows that the values of coefficient of correlation came out to be 0.42 for total sample, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and Well-Being of total sample. Hence, the hypotheses stating that, ‘there exists significant relationship between Self Efficacy and Well-Being among adolescents (total sample)’stands accepted.

The values of coefficient of correlation came out to be 0.55 for boys, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and Well-Being of boys. Hence, the hypotheses stating that, ‘there exists significant relationship between Self Efficacy and Well-Being among boys’ stands accepted.

The values of coefficient of correlation came out to be 0.34 for girls, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and Well-Being of girls. Hence, the hypotheses stating that, ‘there exists a significant relationship between Self Efficacy and Well-Being among girls’ stands accepted.

**Table 2: Showing Correlation between Self Efficacy and Physical Well-Being among Adolescents (Total Boys and Girls)**

Respondent	Correlation	Level of Significance
Total Sample (200)	0.44**	Significant at 0.01 level of confidence
Boys(100)	0.46**	Significant at 0.01 level of confidence
Girls(100)	0.28**	Significant at 0.01 level of confidence

The values of coefficient of correlation came out to be 0.44 for total sample, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and physical Well-Being of total sample. Hence, the hypotheses stating that, 'there exists significant relationship between Self Efficacy and physical Well-Being among adolescents (total sample)' stands accepted.

The values of coefficient of correlation came out to be 0.46 for boys, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and physical Well-Being of boys. Hence, the hypotheses stating that, 'there exists significant relationship between Self Efficacy and physical Well-Being among boys' stands accepted.

The values of coefficient of correlation came out to be 0.28 for girls, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and physical Well-Being of girls. Hence, the hypotheses stating that, 'there exists significant relationship between Self Efficacy and physical Well-Being among girls' stands accepted.

**Table 3: Showing Correlation between Self Efficacy and Emotional Well-Being among Adolescents (Total, Boys and Girls)**

Respondent	Correlation	Level of Significance
Total Sample(200)	0.37**	Significant at 0.01 level of confidence
Boys(100)	0.35**	Significant at 0.01 level of confidence
Girls(100)	0.35**	Significant at 0.01 level of confidence

The values of coefficient of correlation came out to be 0.37for total sample, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and emotional Well-Being of total sample. Hence, the hypotheses stating that, 'there exists a significant relationship between Self Efficacy and emotional Well-Being among adolescents (total sample)' stands accepted.

The values of coefficient of correlation came out to be 0.35 for boys, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and emotional Well-Being of boys. Hence, the hypotheses stating that, 'there exists a significant relationship between Self Efficacy and emotional Well-Being among boys' stands accepted.

The values of coefficient of correlation came out to be 0.35 for girls, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and emotional Well-Being of girls. Hence, the hypotheses stating that, 'there exists a significant relationship between Self Efficacy and emotional Well-Being among girls' stands accepted.

**Table 4: Showing Correlation between Self Efficacy and Social Well-Being among Adoloscents (Total Boys and Girls)**

Respondent	Correlation	Level of Significance
Total Sample(200)	0.35**	Significant at 0.01 level of confidence
Boys(100)	0.40**	Significant at 0.01 level of confidence
Girls(100)	0.21**	Significant at 0.01 level of confidence

The values of coefficient of correlation came out to be 0.35 for total sample, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and social Well-Being of total sample. Hence, the hypotheses stating that, ‘there exists a significant relationship between Self Efficacy and social Well-Being among adolescents (total sample)’stands accepted.

The values of coefficient of correlation came out to be 0.40 for boys, which is significant at 0.01 level of confidence. Thus we can say that there exist positive correlation between Self Efficacy and social Well-Being of boys. Hence, the hypotheses stating that, ‘there exists significant relationship between Self Efficacy and social Well-Being among boys’ stands accepted.

The values of coefficient of correlation came out to be 0.21 for girls, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and social Well-Being of girls. Hence, the hypotheses stating that, ‘there exists significant relationship between Self Efficacy and social Well-Being among girls’ stands accepted.

**Table 5: Showing Correlation between Self Efficacy and Scholastic Well-Being among Adolescents (Total Boys and Girls)**

Respondent	Correlation	Level of Significance
Total Sample	0.28**	Significant at 0.01 level of confidence
Boys	0.52**	Significant at 0.01 level of confidence
Girls	0.31**	Significant at 0.01 level of confidence

The values of coefficient of correlation came out to be 0.28 for total sample, which is significant at 0.01 level of confidence. Thus we can say that there exist above average positive correlation between Self Efficacy and scholastic Well-Being of total sample. Hence, the hypotheses stating that, ‘there exists a significant relationship between Self Efficacy and scholastic Well-Being among adolescents (total sample)’stands accepted.)

The values of coefficient of correlation came out to be 0.52 for boys, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and scholastic Well-Being of boys. Hence, the hypotheses stating that, ‘there exists significant relationship between Self Efficacy and scholastic Well-Being among boys’ stands accepted.

The values of coefficient of correlation came out to be 0.31 for girls, which is significant at 0.01 level of confidence. Thus we can say that there exist a significant positive correlation between Self Efficacy and scholastic Well-Being of girls. Hence, the hypotheses stating that, ‘there exists significant relationship between Self Efficacy and scholastic Well-Being among girls’ stands accepted.

## EDUCATIONAL IMPLICATIONS

Present study has shown positive correlation between Self Efficacy and Well-Being of adolescents, which means that a teacher should employ those techniques and strategies which would help the students to understand their actual

capacities to perform any particular task and strengthen their Self Efficacy. It directly affects the Well-Being of students.

In order to achieve this objective by seeking the help of school management and parents, the teachers should design appropriate intervention strategies to enhance the Self Efficacy to foster their general Well-Being with respect to its various dimensions.

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