

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 Bhatnagar2012) 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