

## A STUDY OF SELF EFFICACY OF COLLEGE STUDENTS

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### ABSTRACT

*The study was designed to analyze the self- efficacy among college students. Simple random sampling technique was used for data collection. Samples were taken from Srinivasa College. Data was collected from 50 students, among them 22 were male and 28 are females. General self- efficacy scale developed by R.Schwarzer and M. Jerusalem in 1995 was used to collect the data. The collected data was analyzed using standardized statistical “t” test and the results were drawn. The result showed that females had high self- efficacy when compared to males.*

**KEYWORDS:** *self efficacy, college students and gender difference*

### INTRODUCTION

Self-efficacy referred as personal efficacy, is confidence in one's own ability to achieve intended results. College students have a mature physical body, but their social or psychological development and economic is not quite enough. Even all things which are new that college students had met at college they are faced with great stress. Self-efficacy and stress are closely related in each other concepts.

In Lazarus's cognitive model of stress, personal beliefs, such as self-efficacy are very crucial in evaluating demands from the environment. Each external demand were evaluated as “threat” or “challenge” and persons with high self-efficacy beliefs are more likely to evaluate demands as a challenge. Chemers, Hu, and Garcia found that the effect of academic self-efficacy on stress was completely mediated by evaluate of demands as challenge. Similarly that stress and anxiety may depress self- efficacy judgments of the students.

Young adulthood is a period when people have to learn, cope with many new demands arising from lasting partnerships, marital relationships, parenthood, and occupational careers.

### REVIEW OF LITERATURE

In 2015 a study on Relationship between general self-efficacy, life satisfaction, and planning for the future was done by Nicole azizli&

ET. Al. The study was aimed at investigating the relationships between general self-efficacy, the consideration of future consequences, and overall satisfaction. It consists of 242 university students' ages ranging from 16-31. The new general self- efficacy scale was used to assess the self- efficacy of the students. According to the result, the significant correlations between all variables were observed.

### PROBLEM

The aim of the study was to identify the level of self-efficacy among college students.

### OBJECTIVE

To find out the level of self-efficacy in college students using general self-efficacy scale.

### HYPOTHESIS

There will be a significant difference in genders.

### METHODOLOGY

The purpose of the study is to determine the level of self-efficacy among College students.

### SAMPLING TECHNIQUE

Simple random sampling technique was used to collect the data. The Sampling size was 50 in that (22 males and 28 females) and the sampling universe was Srinivasa College.

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**Inclusion criteria**

1. Samples above 18 years were included in the study
2. Both males and females
3. College students were taken as sample
4. Unmarried college students were included in study

**Exclusion criteria**

1. Samples Above 20 years were not included
2. Married college students are not include
3. Uneducated
4. School students

**SCALE USED**

General Self Efficacy Scale [GSE]

**DESCRIPTION OF THE SCALE**

The scale was developed by R.Schwarzer and M. Jerusalem in1995. The GSE consist of 10-items. The responses are made on a 4-PointScale.

**RELIABILITY & VALIDITY**

The GSE has high reliability, stability and construct validity. The reliability ranged from 0.76 to 0.90 with the majority in the high 0.80.

**ADMINISTRATION**

The samples were taken from students of Srinivasa College and permission to collect data was obtained. Then the self –efficacy scale was handed over and samples are instructed as follows, read the questions below and each of your possible answer tick the response mostly applies to you. Do not omit any of the items. There is no time limit but on average it requires 4 minutes to complete it. Your responses will be scored based on norms; likewise 50 samples were administrated to find out the result of the study.

**Score interpretation**

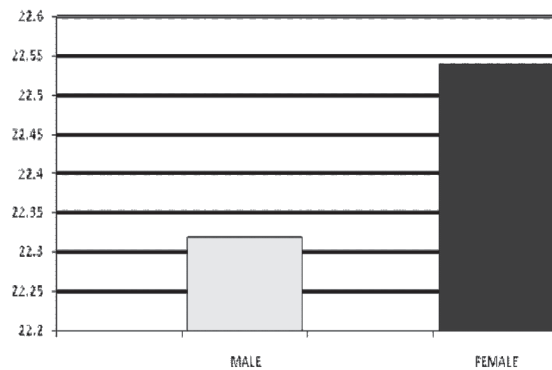
SCORES	INTEPRETATION
Above 30	High
10-30	Moderate
Below 10	Low

**RESULTS & DISCUSSION**

**TABLE1: Comparison of gender values for self-efficacy**

GENDER	N	Mean	t score	P value
Male	22	22.32	-0.28	0.038*
Female	28	22.54		

\* = significant



**Graph shows the Comparison of gender values for self-efficacy**

**DISCUSSION**

From the above table it is inferred that the mean score (22.54) of the female is higher than the male mean score (22.32). The obtained t score is – 0.28 and this show that it is significant (0.038). Therefore the stated alternative hypothesis is accepted.

**CONCLUSION**

From the result of the study it is concluded that the female has high self- efficacy when compared to males.

**LIMITATIONS & RECOMMENDATIONS**

**Limitations**

1. Study is done with a limited sample size.
2. Study is done for a confined age group.
3. Duration of the study was too short.
4. The study is limited with college students.

**Recommendations**

1. Study can be done on a large sample size.
2. Study can be done on different age group.
3. Study can be done with even school students.
4. Duration of the study can be extended.

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