

## A study of adolescent's self-efficacy and general wellbeing

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### ABSTRACT

Positive and healthy adolescent can contribute in building healthy nation Self-efficacy is optimistic self-belief about ability to perform a particular task for favorable outcome. The purpose of the study was to investigate the impact of self efficacy on general wellbeing of the adolescents. The sample consisted of 100 adolescents (50 boys and 50 girls) were selected by means of purposive sampling method from Ahmedabad. Self efficacy Scale by A.K. Singh and Shruti Narain and General Well-Being Scale by Ashok K. Kalia and Anita Deswal were used. Results of the “t” test revealed that there is no significant difference of self-efficacy of adolescent boys and girls. There is no significant difference of general wellbeing of adolescent boys and girls. Results of Co relation revealed that Self efficacy has impact on General wellbeing of adolescents.

**Keywords:** *Self efficacy, Self-belief, Adolescence, General wellbeing*

Adolescence means to grow up. Adolescence is the move from childhood to adulthood. Physical development, cognitive development, Moral Development, Emotional Development, social development takes place during adolescent period.

In Adolescence stage when rapid changes take place the individual's physical, mental, social, moral and spiritual out looks undergo revolutionary changes. These changes during adolescence are faster than during infancy and childhood. Due to these various changes personality attitude interest develops new dimensions

Self-efficacy is one's belief about ability to perform behavior that should lead to expected outcomes (Weiten, 2004). With high self-efficacy one feels confident to perform particular task and get reinforcement. If self-efficacy is low, the individual may not perform though he or she has the abilities.

Well-being is ones being happy healthy comfortable. Individuals with a high sense of wellbeing own positive emotions, and take a high level of pleasure from their lives.

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## A Study of Adolescent's Self Efficacy and General Wellbeing

### *Statement of the Problem*

*'A study of adolescent's self-efficacy and general wellbeing'*

### **REVIEW OF LITERATURE**

In 2015 a Study of Self-Efficacy and Academic Achievement Done on College Students by S. Pavani and Gaurav Agrawal in Haridwar. The aim of the study was to see the levels of self-efficacy among high, medium, and low academic achievers. For this on 60 students 20 high, 20 medium and 20 were low academic achiever's Self-efficacy scale was administered Results indicated that one who has high self-efficacy possesses high academic achievement.

Vandana Gupta (2012) conducted her study on adolescent students and also supported the above evidences and suggested that there is a strong relationship between self-concept, efficacy with wellbeing. She found that high self-efficacy enhances the wellbeing among the adolescents students. Delamater, 2006;

In 2010 A study was done on "Relation between self-efficacy and academic achievement in high school students". 250 students were selected and completed self-efficacy scale and for achievement score grade point average in classes was used. Results shows that self-efficacy is a considerable factor in academic achievement.

Tiwari and Sharma (2012) studied on adolescent's wellbeing. They examined 240 adolescents of Private and Government school and found that adolescents of Private school scored higher as compare to Government school on dimensions of wellbeing namely positive affect, family support and achievement expectations.

### *Objectives of the Study*

The main objectives of study were as under:

1. To study Self-efficacy of adolescents in relation to their gender.
2. To study General wellbeing of adolescents in relation to their gender.
3. To study the impact of Self-efficacy of adolescents in relation to their wellbeing.

### *Hypothesis*

To related objectives of this study null-hypothesis were as under:

1. There is no significant difference of Self-efficacy of adolescent boys and girls.
2. There is no significant difference of General wellbeing of adolescent boys and girls.
3. There is no significant impact of Self-efficacy of adolescents in relation to their General wellbeing.

### *Variables*

1. Dependent variables: Self-efficacy and General well being
2. Independent variables: Gender

### *Scopes of the Study*

1. The present investigation centre round is Self-Efficacy influencing Adolescents path of wellbeing.
2. Self-Efficacy and General wellbeing concentrated on Adolescents with respect to their Gender such as Boys and Girls.

### *Delimitations of the Study*

1. The sample is limited to 100 Adolescents and the sample was drawn purposively.

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2. The sample is limited to a sample of two schools Ahmedabad, Gujarat.
3. The study is limited to the Independent variables: Gender

### *Sample*

The sample of the present investigation were 100 adolescents aged 11yrs to 14 yrs. which were selected from different schools of Ahmedabad city. Out of the 100 adolescents 50 boys and 50 girls were there.

### *Tool used*

Self-Efficacy Scale by A.K. Singh and Shruti Narain This inventory measures Self-Efficacy and General Well-Being Scale by Ashok K. Kalia and Anita Deswal. This inventory measures Physical Well-being, Emotional Wellbeing, Social Well-being and School Well-being.

### *Statistical Techniques Used*

The main objective of present study was to know the impact of Self-Efficacy of adolescents in relation to their wellbeing. The co-relation was applied for the purpose of statistical interpretation to test the Co relation between Self-Efficacy and general wellbeing.

## **DATA ANALYSIS AND DISCUSSION**

*Result and discussion for the present study are as follows,*

***Hypothesis 1: There is no significant difference of Self-efficacy of adolescent boys and girls.***

Sr. No.	Variable	N	Mean	SD	't' value	Sig.
1	Boys	50	80.78	8.39	1.599*	NS
2.	Girls	50	83.38	7.68		
3.	Total	100	82.08	8.15		

***Table-1 Self-efficacy among Boys and Girls***

Sig. Level \*0.05 = 1.98

\*\* 0.01 = 2.62

NS- Not Significant

According to table no.1 the result indicates that the mean scores for the variable of self-efficacy for Boys were 80.78 Girls were 83.38 and Total were 82.08 respectively. The mean value indicates that the girls scored more than the boys in the self-efficacy. The 't' test has been applied to find out whether there is any significant difference in the self-efficacy among Boys and Girls. The calculated 't' value is found to be 1.599 which is less than the table value and significant at 0.05 level. Hence the Null Hypothesis "There is no significant difference of self-efficacy of adolescent boys and girls" is accepted. Therefore, it is concluded that there is no significant difference between self-efficacy of adolescent boys and girls.

***Hypothesis 2: There is no significant difference of general well being of adolescent boys and girls.***

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Table 2.

Sr. No.	Variable	N	Mean	SD	't' value	Sig.
1	Boys	50	209.3	25.79	1.498*	NS
2.	Girls	50	216.8	24.66		
3.	Total	100	213.12	25.52		
Sig. Level *0.05 = 1.98		**0.01 = 2.62		NS- Not Significant		

According to table no.2 the result indicates that the mean scores for the variable of general wellbeing for Boys were 209.3 and Girls were 216 respectively. The 't' test has been applied to find out whether there is any significant difference in the general wellbeing among Boys and Girls. The calculated 't' value is found to be 1.498 which is less than the table value and significant at 0.05 level. Hence the Null Hypothesis "There is no significant difference of general well being of adolescent boys and girls" is accepted. Therefore, it is concluded that there is no significant difference between general well being of adolescent boys and girls.

### *Hypothesis 3: There is no significant impact of Self-efficacy of adolescents in relation to their General well being*

With this co-relation co-efficient was applied to test the Co relation between self efficacy and general wellbeing. The r value of Adolescents [total] score is 0.57 which is moderate positive correlation. The r value of boys score is 0.685 which is moderate positive correlation. The r value of girls score is 0.4278 of which is positive correlation. Hence the Null Hypothesis "There is no significant impact of self efficacy of adolescents in relation to their wellbeing" is rejected. The r value indicates that correlation of self efficacy and general wellbeing is more in boys than girls.

### *Findings of the Study,*

The findings of the study were,

1. There is no significant difference of Self-efficacy of adolescent boys and girl.
2. There is no significant difference of general well being of adolescent boys and girls.
3. Self efficacy has impact on General wellbeing of adolescents.
4. As expected because of our culture the co relation between self efficacy and general wellbeing was more in boys then the girls.

## **CONCLUSION**

In the present study, the investigator found that there is no significant difference of Self-efficacy of adolescent boys and girl. There is no significant difference of General Well being of adolescent boys and girls. Likewise, the all the adolescents have no significant differences in Self-efficacy and General Wellbeing based on their gender. Self efficacy has impact on General wellbeing of adolescents.

### *Implications*

Implications of the present study were:

It will be helpful for Parents school, administrators and Teachers to work on adolescents Self Efficacy and General Wellbeing through activities and co-curricular activities for positive fulfilling and happy life in future.

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### *Conflict of Interest*

The author declared no conflict of interest.

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