

Impact of Birth Order on Courage and Self Efficacy of Young Adults

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ABSTRACT

Birth order is one's order of their birth in the family. An individual would be first born, second born, middle born, last born or single child with respect to their birth order with their siblings and single child is considered as so when there is no sibling. Birth order is believed to have a long-lasting impact on an individual's personality and their psychological development. Alfred Adler was the first to discuss the influence of birth order on personality development. His theory suggests that birth order and the number of siblings affect an individual's potential and he believed that an individual's birth order have direct association with their personality characteristics. Courage is mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty (Merriam Webster, 1828). Self-efficacy refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments (Bandura, 1977). This research aims to study the Courage and resilience in Birth Order among Young Adults (18 – 25 years).

Keywords: *Courage, Self Efficacy, Birth Order, Gender.*

Birth order is one's order of their birth in the family. An individual would be first born, second born, middle born, last born or single child with respect to their birth order with their siblings and single child is considered as so when there is no sibling.

Alfred Adler (1870–1937), an Austrian psychiatrist, and a contemporary of Sigmund Freud and Carl Jung, was one of the first theorists to suggest that birth order influences personality. He argued that birth order can leave an indelible impression on an individual's style of life, which is one's habitual way of dealing with the tasks of friendship, love, and work.

According to Adler, firstborn are "dethroned" when a second child comes along, and this loss of perceived privilege and primacy may have a lasting influence on them. Middle children may feel ignored or overlooked, causing them to develop the so-called middle child syndrome. Younger and only children may be pampered and spoiled, which was suggested to affect their later personalities.

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All of this assumes what Adler believed to be a typical family situation, e.g., a nuclear family living apart from the extended family, without the children being orphaned, with average spacing between births, without twins and other multiples, and with surviving children not having severe physical, intellectual, or psychiatric disabilities.

REVIEW OF LITERATURE

In a study titled, “The role of courage in the development and practice of coaches” Wood, C. and Lomas, T. in the year 2021, investigated 12 coaches of varying levels of experience. The purpose of the research study is to investigate the significance of role of courage in coaching. The result of the study says that courage enables coaches to deliver their best work and is integral to an ongoing cycle of increasing self-awareness and professional development.

T.M. Mc Millan, S.J. Rachman in the year 1988, did a research study titled as “Fearlessness and courage in paratroopers undergoing training”. This research studied 105 recruiters to the parachute regiment during parachute training. From information regarding their expectancies and experiences of jumping, three profiles were identified. These were labelled “Courageous”, “Fearless” and “Over-confident”. The results of the study found that Two-thirds of the sample belonged to the first category and less than 10% to the last. A number of bodily reactions were frequently associated with anxiety during parachute jumping. These reactions were similar to those reported by veteran soldiers and airmen during combat. They differ from reactions reported by patients suffering from ‘clinical anxiety’, and it is suggested that this contrast might reflect differences in preparation for “fight” or “flight”.

In a study titled, “The Relationship of Lifestyle and Psychological Birth Order with Career Decision Self-Efficacy” (CDSE) Ronald M. Herndon, Georgia State University aimed to examine the relationship of the Adlerian lifestyle and psychological with CDSE among 156undergraduates at a major southeastern university. The Result of the birth order constructs e study indicates that many statistically significant relationships exist among the factors of lifestyle with the factor scales of CDSE and overall CDSE, including belonging/social interest and striving for perfection subscale. The factors of psychological birth order had fewer statistically significant relationships with CDSE and associated factors.

In a research study by Jacob Cherian, Jolly Jacob in 2013, with title as “Impact of self-efficacy on motivation and performance of employees” aimed to perform a meta-analysis which analyses the individual research findings which pertain to the relationship between self-efficacy, employee motivation and work-related performance of the employee. From the results of the study, it is observed that self-efficacy theory can be applied for work related performance in terms of motivating different employee related facets as well as organizational pursuits.

METHODOLOGY

Aim

To study the impact of Birth Order on Courage and Self Efficacy among young adults.

Objectives

- To determine if there is a significant difference in courage and self efficacy based on birth order.
- To determine if there is a significant relationship between courage and self efficacy in young adults.

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Hypotheses

H₀1: There is no significant difference in courage among single child, first born, and last born.

H₀2: There is no significant difference in self efficacy among single child, first born, and last born.

H₀3: There is no significant relationship between courage and self efficacy in young adults.

H₀4: There is no significant gender difference in courage.

H₀5: There is no significant gender difference in self efficacy.

Variables

Dependent Variables: Courage and Self Efficacy.

Independent Variables: Birth order (First born, second born, last born and single child) and gender (Females and Males).

Research Design

Quasi experimental ex post facto design was employed. The sample size was 90 divided into three groups (30 first born, 30 last born, and 30 single child).

Inclusion Criteria

- Literate population
- Young Adults (18 years to 25 years)
- First born, last born and single child
- Urban and rural people

Exclusion Criteria

- People who do not know to read and write English
- People with physical disability
- People below 18 years and above 25 years of age.
- Middle Child

Tools

- **Courage Scale (Cooper R. Woodard and Cynthia L. S. Pury, 2007):** Woodard Pury Courage Scale (WPCS-23): Woodard Pury Courage Scale (WPCS-23) was developed by C. Woodard, PhD, and C. Pury, PhD. It is a 23 item self-report scale that measures the Courage of an individual. Courage is defined as “the voluntary willingness to act, with or without varying levels of fear, in response to a threat to achieve an important, perhaps moral, outcome or goal” according to this scale developer Cooper R. Woodard and L.S. Pury. It is 5 point scale likert scale; The scoring of items in this scale is such a way that Strongly Disagree = 1, Disagree = 2, Neutral = 3, Strongly Agree = 4, Agree = 5. The total score is obtained by adding the scores of all the items so that the higher scores indicate high courage. In the Woodard Pury Courage Scale (WPCS-23) the total score had a mean of 82.68, a range of 60 to 102, and a standard deviation of 8.22. A reliability analysis produced a coefficient alpha of 0.683, indicating moderate internal consistency.
- **General Self-Efficacy Scale (GSE) Schwarzer, R., and Jerusalem, M. (1995):** General Self-Efficacy Scale was developed by Schwarzer, R., and Jerusalem, M. (1995). It consists of 10 items, which is a self-report measure of self-efficacy. It is a 4-point likert Scale, where the scoring of items are: Not at all true = 1, Hardly true = 2, Moderately true = 3, exactly true = 4. The total is calculated by finding the sum of

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all the items. For the GSE, the total score ranges between 10 and 40, with a higher score indicating more self-efficacy. The reliability of the General Self-efficacy Scale is Cronbach's alpha between 0.76 and 0.90. In terms of validity the scale is correlated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health complaints, burnout, and anxiety.

Procedure

The data collected was by using the snowball sampling method where scales measuring courage and self efficacy were used to obtain responses from individuals through Google form. The data collected was statistically analysed using Statistical Package for Social Sciences (SPSS). Pearson's bivariate and ANOVA were used to analyze the data.

RESULTS AND DISCUSSION

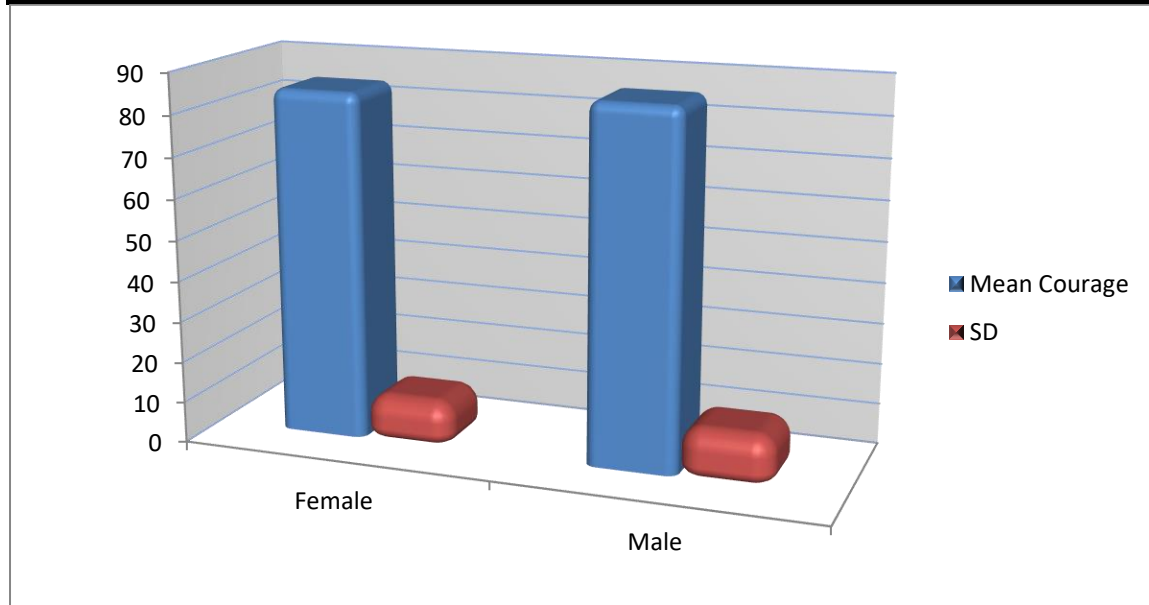


Figure 1 Mean scores of Courage in female and male

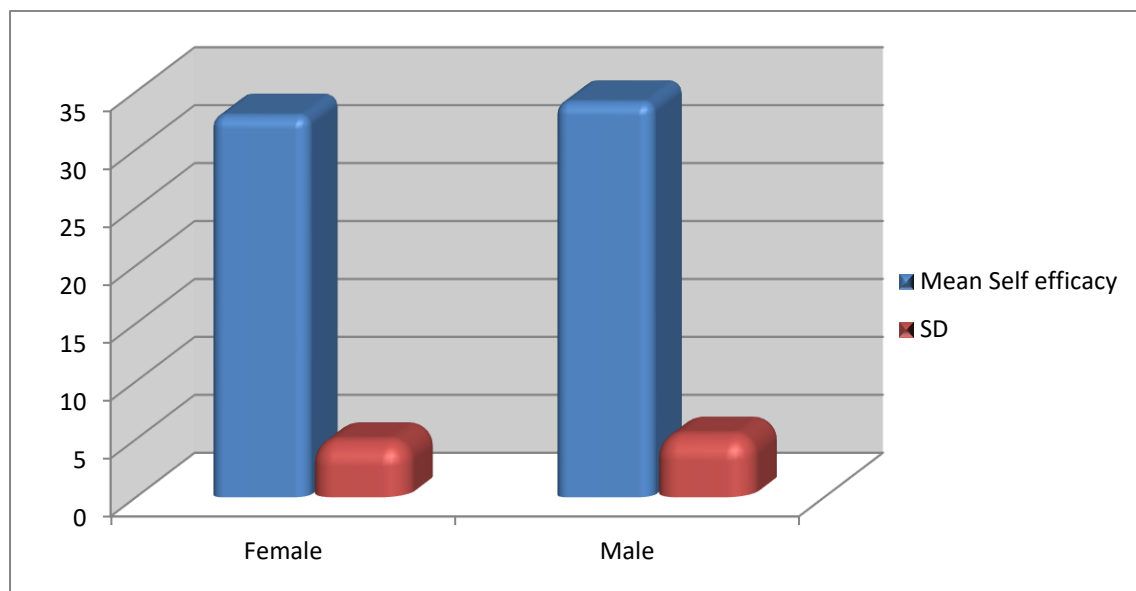


Figure 2 Mean scores of Self efficacy in female and male

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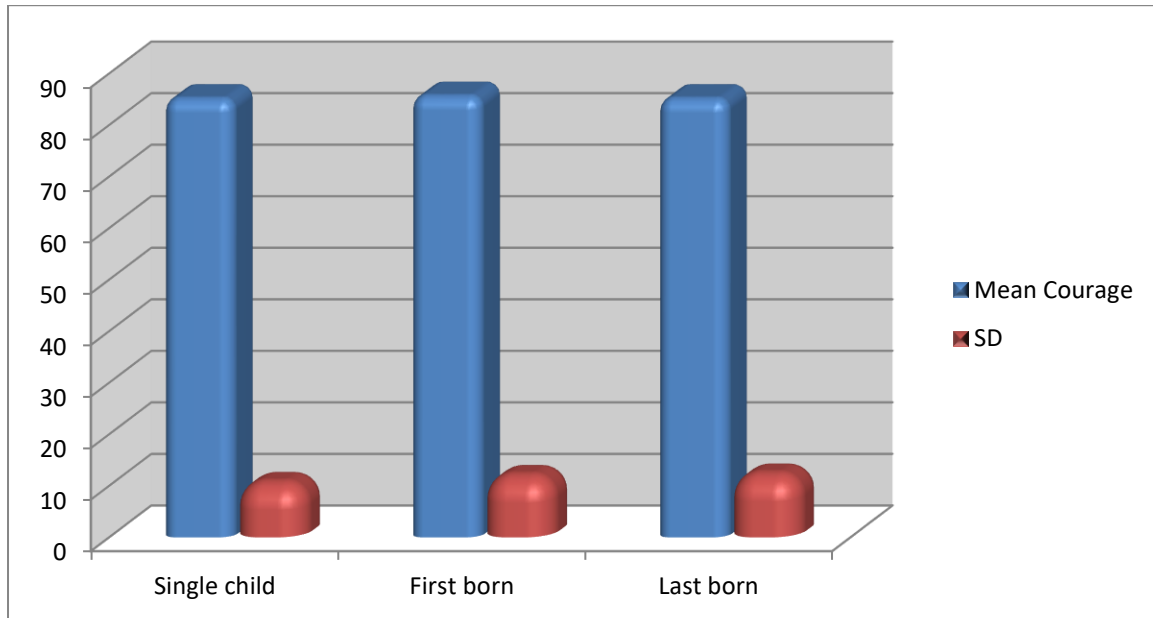


Figure 3 Mean scores of Courage in single child, first born and last born.

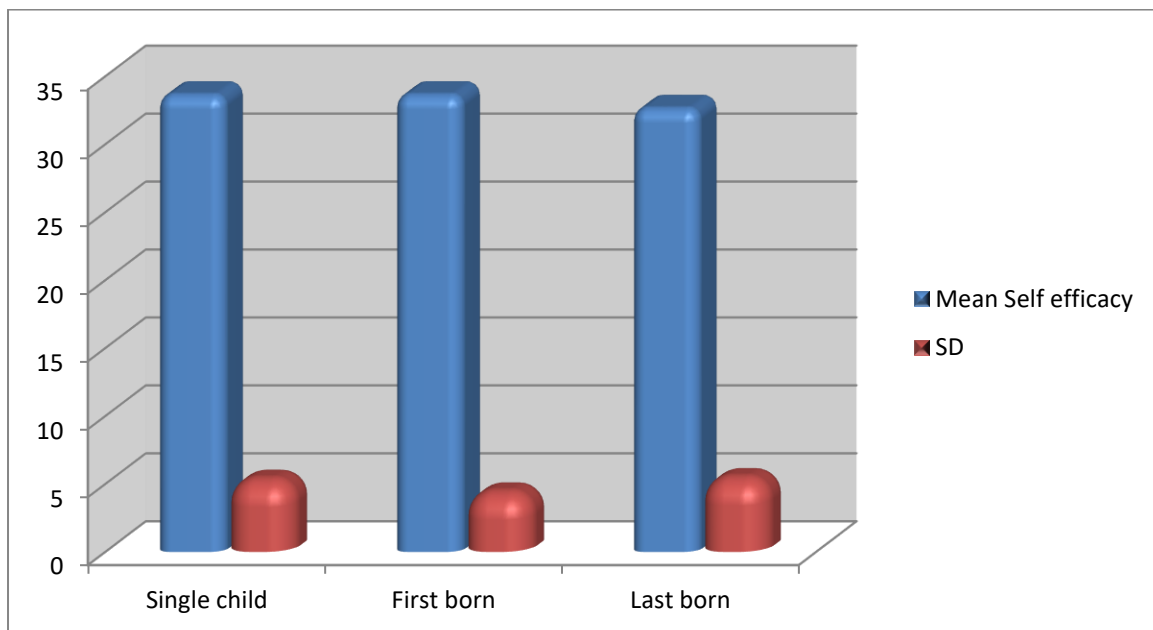


Figure 4 Mean scores of Self efficacy in single child, first born and last born.

Table 3 Independent Sample t-test for gender difference in Courage.

	Gender	n	Mean	SD	df	t	p
Courage	Female	59	84.71	10.96	87	0.61	0.28 ^{NS}
	Male	30	86.26	11.98	54.05	0.59	

NS = Not Significant

Table 4 Independent Sample t-test for gender difference in Self Efficacy.

	Gender	n	Mean	SD	df	t	p
Self Efficacy	Female	59	32.91	4.76	87	1.04	0.35 ^{NS}
	Male	30	34.06	5.25	53.63	1.00	

NS = Not Significant

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Table 5 One-way analysis of variance in Courage.

	Sum of squares	df	Mean Square	F	p
Between Groups	5.00	2	2.50	0.01 ^{NS}	0.98
Within Groups	11181.10	87	128.51		
Total	11186.10	89			

NS=Not Significant

Table 6 One-way analysis of variance in Self Efficacy.

	Sum of squares	df	Mean Square	F	p
Between Groups	20.00	2	10.00	0.40 ^{NS}	0.66
Within Groups	2137.60	87	24.57		
Total	2157.60	89			

NS=Not Significant

Table 7 Pearson correlation between Courage and Self Efficacy.

		Self Efficacy
Courage	Pearson Correlation	0.61 ^{**}
	Sig Value	0.00
	N	90

***p<0.01 level*

Table 8 Pearson correlation between Courage and Self Efficacy in females.

		Self Efficacy
Courage	Pearson Correlation	0.60 ^{**}
	Sig Value	0.00
	N	59

***p<0.01 level*

Table 9 Pearson correlation between Courage and Self Efficacy in males.

		Self Efficacy
Courage	Pearson Correlation	0.62 ^{**}
	Sig Value	0.00
	N	30

***p<0.01 level*

Table 10 Pearson correlation between Courage and Self Efficacy in single child.

		Self Efficacy
Courage	Pearson Correlation	0.66 ^{**}
	Sig Value	0.00
	N	30

***p<0.01 level*

Table 11 Pearson correlation between Courage and Self Efficacy in first born.

		Self Efficacy
Courage	Pearson Correlation	0.45 [*]
	Sig Value	0.11
	N	30

**p<0.05 level*

Table 12 Pearson correlation between Courage and Self Efficacy in last born.

		Self Efficacy
Courage	Pearson Correlation	0.70**
	Sig Value	0.00
	N	30

** $p < 0.01$ level

DISCUSSION

In a study by Roger L. Greene, John R. Clark (1970) titled Adler's Theory of Birth Order, Adler's theory of birth order was investigated as a preliminary step to using this theory as a model to integrate the vast amount of empirical research on birth order. Adler's hypothesis that the birth of a sibling has a more profound effect on personality if it occurs within a range of 3 yr. of his own birth was not supported in this study. Regardless of the approach utilized, Adler's theory of the effect of ordinal position on personality variables was not supported.

In this study, the results indicate that there is no significant difference in courage and self-efficacy among birth order. This is due to the current scenario where all children irrespective of their gender and order of birth are treated equally contrasting to the olden times.

In a study by Sean T. Hannah, Bruce J. Avolio and Fred O. Wallumbwa in the year 2015, titled as "Relationships between Authentic Leadership, Moral Courage, and Ethical and Pro-Social Behaviors" was done. The Organizations constitute morally-complex environments, requiring organization members to possess levels of moral courage sufficient to promote their ethical action, while refraining from unethical actions when faced with temptations or pressures. Results from this four-month field study demonstrated that authentic leadership was positively related to followers' displays of moral courage. Further, followers' moral courage fully mediated the effects of authentic leadership on followers' ethical and pro-social behaviors.

In this study it was found out that there is no significant difference in courage among birth order and there is no significant gender difference in courage. In today's world we see that women are exploring and achieving in all various fields which can clearly contribute to this statement that there is no significant gender difference in courage. And also, that birth order is not an important factor in one's courage level since there is requirement of everyone to have enough courage in order survive in today's competitive world.

In a study titled, "The Relationship of Lifestyle and Psychological Birth Order with Career Decision Self-Efficacy" (CDSE) Ronald M. Herndon. The Result of the birth order constructs e study indicates that many statistically significant relationships exist among the factors of lifestyle with the factor scales of CDSE and overall CDSE. The factors of psychological birth order had fewer statistically significant relationships with CDSE and associated factors.

In this present study from the result, it is found out that there is no significant difference in self efficacy among birth order and there is no significant gender difference in self efficacy. Both men and women have the courage and they believe in achieving their goals equally irrespective of their gender, which is no longer a hindering factor in current times in order to achieve one's goal in life (at least in urban areas).

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It was also found that there is a significant relationship between courage and self efficacy in young adults. There is a strong relationship with one's thought and their action. An individual who thinks that he/she has the potential / the ability to do a task then it will increase their willpower and courage to do so. Same is true for the opposite. An individual's ability to do a task is in their thought process (belief), hence there is a significant relationship between courage and self efficacy.

SUMMARY AND CONCLUSION

The aim of the study was to study the impact of Birth Order on Courage and Self Efficacy among young adults. The Courage Scale (Cooper R. Woodard and Cynthia L. S. Pury, 2007) and General Self-Efficacy Scale (Schwarzer, R., and Jerusalem, M, 1995) were used to assess the courage and self efficacy of the subjects.

The data obtained was later been under statistical analysis using SPSS. The hypothesis testing revealed that:

- There is no significant difference in courage among single child, first born, and last born.
- There is no significant difference in self efficacy among single child, first born, and last born.
- There is a significant relationship between courage and self efficacy in young adults.
- There is no significant gender difference in courage.
- There is no significant gender difference in self efficacy.

As per the results of the statistical analysis of the data obtained, it can be concluded that there is no significant difference in courage and self efficacy among first born, last born and only children. There is a significant relationship between courage and self efficacy in young adults. There is no significant gender difference in courage and self efficacy.

Implications of the study

- It is an explorative idea to understand the level of courage and self efficacy in birth order among young adults.
- It helps to determine the difference in courage and self efficacy in birth order.
- It helps to determine if there is any relationship between birth order and courage, birth order and self efficacy.
- It adds to the current module of literature.

Limitations of the study

The sample size was small. Middle born was not analysed. The research is not been conducted on other age groups.

Scope for further study

It can be further researched on other age groups. It could be studied on bigger sample size to improve generalization. It can be used to explore other variables further. Qualitative approach could be used to understand the reason for the findings of this study.

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Conflict of Interest

The author(s) declared no conflict of interest.

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