

## Relationship between Altruism and Self-Efficacy among Young Adults

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### ABSTRACT

This study investigates the relationship between Self- efficacy and Altruism among young adults (18-25). The goal of the study is to contribute to the growing body of literature on positive psychological traits and their influence on the psychological well-being of young adults. The hypothesis posits that there is a significant relationship between altruism and self-efficacy, suggesting that individuals who frequently engage in altruistic actions may exhibit higher levels of self-efficacy. A sample of 151 young adults consented to be a part of this exploratory research. The research employs quantitative methods, utilizing validated instruments to measure altruistic tendencies and self-efficacy levels among the participants. The scales employed were self- report altruism scale (SRA) and General Self- Efficacy Scale (GSE). The findings from this study may have implications for interventions and programs aimed at fostering positive psychological development in young adults, highlighting the potential benefits of altruistic behavior on individuals' beliefs in their own abilities to navigate life's challenges.

**Keywords:** *Altruism, Self-Efficacy, Young Adults, Positive Psychology*

**A**ltruism is the self-less care for the welfare of others; it is the act of acting primarily for the benefit of others without considering one's own interests or rewards. It involves deeds or behaviours motivated by ethical responsibility, empathy, or compassion with the intention of serving or aiding others. Altruistic behaviours can be anything from small acts of kindness to larger initiatives aimed at enhancing the well-being of people or communities.

Altruism comes in several forms that represent our reciprocity in diverse contexts:

**Kin selection** is a kind of selflessness that is focused on close family members. The basic idea is that a person enhances the likelihood that shared genes will be passed down to future generations by lending a hand to family members. An example would be a bee giving up its life to defend the hive.

**Reciprocal altruism**, on the other hand, refers to the situation when an individual helps other people with the intention of also being helped at some point in time. It is a type of altruism

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exhibited mostly in social animals where cooperation offers long-term rewards. Example: Individuals effectively integrating with each other by giving away resources or assisting one another with the understanding that others will reciprocate at the required time.

**Pure altruism** means to act with no selfish motives and with the full intent to benefit others not seeking any reward or compensation in return. People who do acts of pure altruism are pushed by the real will to help others. Example: An anonymous act of voluntary contribution to a charitable cause without hoping to receive appreciation or expecting any reward.

**Emotional altruism** incorporates the sentiment of helping others driven by a strong emotional connection or empathy for their state of being. The drive comes from a passionate care about the emotion and requirements of other people. Example: An example of empathy could be comforting a friend who is under the stress or to provide the support when someone is going through a difficult time as a result of very similar emotional understanding.

**Biological altruism** is when an individual organism willingly works for the benefit of others and imperils itself in the process. Such situation is quite common in social animals where individuals may be willing to even sacrifice own well-being for the whole collective. Example: Meerkats rotating as lookouts-one of them watches out for predators and might even sacrifice his life to save the entire group.

The **effective altruism** is a philosophical and social movement that aims to make one's efforts as effective as possible in the fight against worldwide poverty and other injustices. It strives for evidence-based and reason-driven avenues to philanthropic giving and altruistic practices. Example: You can decide to donate to highly efficient and effective charities where you can concentrate on programs that can bring about a big difference in issues like poverty, health, or education across the globe.

### *Self-efficacy*

The idea of self-efficacy means one's confidence in capability to successfully complete specific tasks or accomplish certain goals. It includes faith in oneself. Self-efficacy refers to individuals' belief in their capability to accomplish particular tasks or goals. It encompasses the belief in oneself and his ability. High self-efficacy relates to a higher probability to take on challenging tasks, to continue in the face of difficulties and finally, succeeding. It is a significant determinant of motivation, goals, and psychological health in an individual. Self-efficacy can manifest in various forms, including:

- **Mastery Self-Efficacy:** Assurance in one's competence to effectively execute duties and tasks based on past successes. Such as a student whose confidence in doing well in the exams stems from previous good academic performance.
- **Vicarious Self-Efficacy:** Belief that a person can do the same after seeing others successfully master the same skill. E.g., a person learning a new skill by watching someone else master it.
- **Social Self-Efficacy:** A person who has confidence in one's ability to make conversations and build relationships during either professional or social events.
- **Emotional Self-Efficacy:** Self-perceived ability to manage, and regulate one's emotions, cope with stress and remain calm in stressful situations.
- **Coping Self-Efficacy:** The willingness to tackle difficulties, cope with adversity, setbacks, or difficult life situations in general.

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- **Decisional Self-Efficacy:** The ability to make correct decisions and choices with confidence. This trust can be seen in a situation when a leader evaluates the team's performance in a complex situation.

### *Relation of altruism and self-efficacy*

Altruism is a concept of doing things without logic, with the aim to benefit others, and you may call self-efficacy the ability to believe in your own performance and your ability to manage the problems. Altruism, in terms of self-efficacy, may come forth as a proactive and faithful action in good works, denoting an individual's belief, that they have the competency of uplifting others.

The psychological factors that come into play in the way self-efficacy and altruism relate to each other are complex and cover how the beliefs about one's competence and the propensity for altruistic actions come together. These are some of the explanations how self-efficacy and altruism are related:

Social cognitive theory by Albert Bandura proposed self-efficacy as a belief in one's capacity to develop the needed skills and carry out the required actions required to achieve specific goals. A person high in self-efficacy tends to be competent, strong willed and they are also motivated to overcome challenges. Therefore, altruism could invoke a person with high self-efficacy to perceive themselves as capable.

Persons with high efficacy beliefs usually exhibit a higher perceived level of control over one's behavior and the outcomes originating from the very behavior. Similarly, they may perceive the control of how to be useful to others, sometimes seeing altruistic acts as something that entirely depends on them as well as their own ability to make the lives of others considerably better.

Having empathy is a process that gives one the ability to comprehend and share the emotions of others. Nevertheless, empathy and self-efficacy act as liaisons to each other. It is a notable finding that people who have high self-efficacy sometimes find it easier to feel empathy, because an identical confidence in getting over difficulties may expand to meeting the needs and feelings of themselves. This increased empathy may trigger a charity mindset as people are more capable of undertaking actions that can help others when they can feel for them or understand their circumstances.

The nature of self-efficacy and altruism relationship is frequently mutually reinforcing. When one is involved in altruistic activities and has the opportunity of seeing that the affected persons benefit from the actions, the individual's self-efficacy becomes more enhanced. The success in realizing oneself as capable of having a positive effect in others' well-being not only leads to self-efficacy development, but also forms a positive circle that strengthens both self-efficacy and altruistic tendencies themselves.

High self-efficacy is positively correlated with the use of effective resources in stressful and challenging situations. Subjects with high levels of self-efficacy often exhibit more resilience and a better ability to cope with stressors. Altruism serves multiple functions, the first of which is a coping mechanism which allows the individual to mobilize his or her skills and resources for the greater good while, at the same time, promoting personal development such as stress resilience and a sense of direction.

### REVIEW OF LITERATURE

Hoffman (1981). This critical appraisal of evidence from the realms of biology, psychology, among other disciplines endeavors to address whether altruism is an innate feature of human nature. Traditional views in evolutionary biology and psychology initially regarded altruism as no more than a mere byproduct of natural selection. However, contemporary versions of the Darwinian model, such as group selection, kin selection, reciprocal altruism, and inclusive fitness, acknowledge that humans possess both altruistic and egoistic features. Consequently, psychological investigation shows that the basic human trait of helping others in need functions regardless of non-egotistic motivations and having similar characteristics to egoistic motivation. The mediators for altruistic actions are given the priority over the actions by the inclusive fitness theory because the appropriate flexibility is necessary. This evidence showed that empathy functions as a possible mediator, meeting evolutionary prerequisites, consistently arising as response to others' misfortune, predisposing humans to do benign behavior, and being under the control of perceptions and cognitions, with a neural basis that probably came into existence early in human evolution. Thus, all of these evidences together modify the traditional views of altruism and shows a more complex image of it within human experience.

Dilmac (2009). In the teaching profession, educators exhibit specific traits such as valuing individual students and finding fulfillment in helping Professional affection, spiritual satisfaction, and the conviction that teaching is an ideal career are the reasons most teachers aspire to the profession. Altruism, particularly in terms of voluntary assistance and taking responsibility, is highly appreciated in the classroom. Research was conducted with 351 primary and secondary school teachers in Konya within the scope of the 2007-2008 academic year, and a quantitative research design with a relational survey method was used. Research results indicate that a teacher's perception of efficiency intertwines with many aspects of teacher altruism excluding charity. Moreover, specific personality traits towards donation would come under the general procrastination tendencies as well. There is also a mention of how procrastination influences the value system which reduces the donation sub-component of altruistic behaviour in teachers. Furthermore, the habit of the individual to procrastinate is often correlated with the attributes of a teacher altruist concerning donations. Moreover, specific personality traits towards donation would come under the general procrastination tendencies as well. Results showed that general procrastination tends are related to the particular sub-dimension donation of teacher altruism. Additionally, general procrastination characteristics connect with teacher altruism especially with the donation dimension. This data shows that altruism as teaching process has some impact on people's professional efficacy and their tendency to procrastinate.

Büssing, Kerksieck, Günther & Baumann (2013). Their purpose was to develop and appraise a method of assessing generative and functional altruism in teens and young adults. They ran a survey that involved 873 students from both academic and professional schools and used the standardized questionnaires. The GALS (7-item Generative Altruism Scale), which involves both affective and behavioural aspects, yielded correlations with relevant external measures congruous with this scale's underlying concept. The confirmatory factor analysis results indicated that the model had a good fit to the data ( $\chi^2$  [df = 14, N = 846] = 129.946,  $p < .001$ , CFI = .91, AIC = 157.946, and SRMR = .048). It was found out that men scored higher in all scales except altruism, where the females outscored them ( $F = 25.5$ ;  $p < .0001$ ). GALS is promising for application in empirical research on causal relationship between altruism, fairness, and cooperation. It suggests that supporting compassion as the very channel of motivation would be a worthy goal in the course of educational initiatives.

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Zamanian, Oladian, & Safar, (2015). This study investigates the link between self-efficacy and altruism among students at Faculty of Theology, Tehran Islamic Azad University. The research method deployed was descriptive-correlational. The total population seven hundred participants were selected with the help of Cochran formula and stratified random sampling. Data collection was through the administration of Scherer's 17-item questionnaire and Ashton's 16-item questionnaire, both Likert-scaled. Kolmogorov-Smirnov test was used for normalizing the data, the regression and correlation coefficients were used for analysis purpose. The questionnaires proved to be valid and reliable reaching Cronbach's alpha of 0.84 for self-efficacy and 0.88 for altruism. Through the application of SPSS software, the results came out to be significant and positive relationship between self-efficacy and altruism ( $r=0.324$ ) in terms of both empathy, rewards for good deeds, sense of social responsibility, and lack of internal control centre, and lack of self-determination.

Feng & Guo (2016). The study was conducted to investigate the relationship between altruism as a motivating factor for volunteer services and the well-being of Chinese undergraduate students. To delve deeper into altruistic behaviour, two distinct groups were selected: one used self-reported data, while the other was based on a peer perception survey. The initial sample ( $N_1 = 525$ ) measured self-reported altruism and self-reported altruistic behaviour in real life, whereas the second sample ( $N_2 = 189$ ) reported the peer rated altruism. Results, after controlling for socially desirable responses, revealed several key findings: firstly, self-reported altruism and self-reported helping acts were directly related to subjective well-being while peer-rated altruism did not affect well-being; secondly, Self-esteem acted as a mediator between the altruistic tendencies (both self-reported and peer-rated) and well-being; and thirdly, family socioeconomic status played moder. These outcomes show that the altruism positively affects the emotional well-being in collectivist societies such as China, and consequently may motivate the social service participation. Long-term studies or experiments with national samples are welcome for future investigations in order to refine these conclusions.

Alavi, Boroujeni, Yousefy, Bahrami (2017). The phenomenon of self-efficacy in the realm of nursing is well-known, but the core attributes of the caring self-efficacy idea have not been properly explored. Through a qualitative content analysis method, twenty-seven nurses and instructors were chosen for the research. Through semi-structured interviews and conventional content analysis, the theme of "altruism" emerged, comprising two primary categories: The results show that altruism is a crucial dimension of the construct of "caring self-efficacy," promoting characteristics such as humanity, family-oriented approaches and caring attitudes, which are shaped by the moral foundation and the feeling of love for children.

Septiana (2018). The study reveals the relationship between emotional intelligence, self-efficacy, altruism, and teacher competence in inclusion elementary schools in Karanganyar Regency. Taking into account quantitative research and ex-post facto methodology, the study reveals that teachers show medium emotional intelligence and high self-efficacy, altruism, and competence levels. A strong relationship is created between emotional intelligence, self-efficacy, altruism, and teacher competence, which indicates that the high level of emotional intelligence and altruism is related among the teachers with competency.

Saleem, Adeel, Ali, & Hyder (2018). The study highlights the importance of sustainability in business education, especially ways such as ecopreneurship. It explores the ecopreneurship intention by incorporating collective action and altruism in the theory of planned behaviour

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and translating it to a developing country context. The data came from two rural universities' students and participants in a training workshop on entrepreneurship. The research points out that subjective norms and self-efficacy are predominantly the forces of ecopreneurship, with attitude becoming meaningful only under the condition of collectivism and altruism. Moreover, the research locates the mediating role of collectivism and altruism into a significant interaction among the attitude, subjective norms, and self-efficacy of collectivism and altruism, respectively.

Chung, Chang, and Chiu (2018). The industry-sponsored internships in the business sector provided to technological university students give them the chance to get familiar with the working environment, bridge the theory they learn in the classroom with practical application, gain more experience, and prepare for future careers. Increasing collaboration and communicating among students is thought to be useful for developing performance during internships. This study aims to discover to what degree do altruism and self-efficacy influence intern students' willingness to share knowledge during internships in the insurance industry, while their level of engagement (Mentor-Intern interactions) plays a moderating role. 173 junior undergraduates of a technological institute in Taiwan were included in the study. Data were controlled with hierarchical regression analysis. The results of the study show a positive correlation between altruism and chances of student's sharing knowledge. Furthermore, enhancements in knowledge sharing increases among students with lower levels of self-efficacy in M-I interaction described as a high level of interaction between management and the workforce. Therefore, educational institutions should consciously pay attention to developing altruistic nature in their students' curriculum, while internship service providers should be directed to creating more conducive environments to facilitate between M and I. By pinpointing a higher level of M-I interaction, the chance to not only improve the learners' associative behaviour but also to increase the whole experience of learning is likely to be enhanced.

Song, Gu, and Zhang (2020) tried to explore teachers' subjective wellbeing by using an authorized survey data for a three-year mixed methods study in Chinese schools. It embraces the interplay between numerous factors like altruism, self-efficacy, work satisfaction, and income contentment. Study shows that while the teachers' scores related to the quality of their workplace depend on altruism values and sustainability of these values, their satisfaction with income compromises this perception. These results contribute to the constantly growing understanding about a teacher quality and retention issue.

Wu, Tang, & Yogo (2020). The Japanese medical professionals are now worried about the shortage of organs available for transplantation because the low rate of organ donation among the Japanese people. This low donation rate can be attributed to a wide range of factors, including the distinction of diverse cultures in their attitudes toward death and altruism. The survey about Japanese college students has been conducted to examine the ways death anxiety, altruism and self-efficacy are related to the willingness to sign donor cards expecting to increase the number of potential donors in the future. Six hundred and seven of the Japanese people who did not have donor cards filled in the self-administered questionnaire freely. This research suggests that death anxiety prevents Japanese persons from signing donor cards indirectly by decreasing their self-efficacy, whereas altruism reinforces the effect of self-confidence on their willingness to sign donor cards. Consequently, these findings provide useful information for organ procurement organizations that want to make a behavioural change not only in Japan but also in the multicultural societies where there is a considerable number of Japanese people.

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Abraham and Babu (2021). Altruism (the ability to help people selflessly) and self-efficacy (the belief in oneself) are the two major factors that influence a person's character. This study used a convenience sampling method to survey seventy young adults from different cities in India which had thirty-five males and thirty-five female individuals, evaluating the levels of altruism and self-efficacy. The obtained data were examined to investigate the relationship between altruism and self-efficacy among this group. Although a low positive correlation was observed between the two variables, the statistical significance was not enough to establish a definite linkage between them. On the other hand, interventions like the compassion training programs, meditation practices, and inter-personal interventions can accordingly build up the altruism and self-efficacy of the studied subjects.

BAŞ (2022). This study targets to investigate different components of experiential value of customers and to also ascertain if these components as well as altruism and self-efficacy influence engagement behaviours like WOM, content generation and offering suggestions among others. Through explanatory factor analysis conducted on survey responses from 1080 participants, the sub-dimensions of experiential value were categorized into three main dimensions: the aspects of communality, vicarious experience, and adornment. Then, a structural equations model was brought into to play to study causal relationships among variables. The findings of the confirmatory factor analysis and path analysis show that functional value, reality value and economic value--in addition to altruism and self-efficacy--are all linked to customer engagement factors like word-of-mouth marketing (WOM), suggestion/feedback and the generation of contents.

Luo et al. (2023). this study focused on how the internet altruistic behaviour and self-integration (SCC), carries a mediating part of self-efficacy and self-esteem is the moderating bits. By the means of the research of 1037 college students (including the average age of 20.16 years and the standard deviation of 1.57), one had the study on that IAB, self-efficacy, self-esteem, and the self-confidence concerning both professional and personal aspects. Results illustrated a direct link between IAB and college students' level of self-direction, and hypothetically, self-efficacy acted as a mediator between IAB and SCC. Apart from this, self-esteem not only acted as a moderator for the direct participating relationship between Informational Social Comparing and Self-Concept Clarity, but also had a moderating role for Informational Social Comparing to Self-Efficacy. Interestingly, the effects were mostly observed among college students with high scores on self-esteem test. The results above contribute our understanding of how IAB affect college students' self-care competency and provide light for potential road maps that can improve mental health of college students.

Liu et al. (2024). The research investigated the influence of corporate social responsibility (CSR) on employees' energy-related pro-environmental actions in the hospitality industry. It explored the mediating effects of green self-efficacy and employee happiness, as well as the moderating effect of altruistic values. Utilizing structural equation modeling based on survey data from 418 employees in Pakistan, the study revealed a positive correlation between CSR and energy-specific pro-environmental behavior. This relationship was mediated by green self-efficacy and employee happiness, while altruistic values served as a moderator. The results imply that tailored CSR initiatives, aligned with consumers' social behavior and personality traits, can effectively foster sustainable energy consumption practices among employees.

## **METHODOLOGY**

### ***Research Design***

In the research we utilized the cross-sectional research design. The data has been collected at a single point in time. The sample was collected from young adults who lie under the age group of 18 to 25 years. A total of 151 samples were collected. Participants will complete self-report measure assessing self- efficacy and altruism. Correlational study was employed for statistical analysis to find the relationship between self-efficacy and altruism. T-Test was administered to find impact of gender on both the variables.

### ***Aim:***

The study aims to understand the relationship between self-efficacy and altruism among young adults lying under the age group of 18 to 25 years.

### ***Objective:***

To evaluate the relationship between altruism and self- efficacy among young adults.

### ***Hypothesis:***

There will be a significant relationship between an altruism and self-efficacy among young adults.

### ***Sample:***

In this study, a sample of N=151 young adults residing in India, who lie between the age group of 18 to 25 years consented to be part of the research. The research comprised a representation of both the gender male: 65 and female: 85. A snowball or referral sampling method was employed for the study.

### ***Research variables:***

- Self-efficacy
- Altruism

### ***Tools:***

#### **1. General Self- Efficacy Scale**

Self- efficacy scale is a self- report measure. The is translated by Mary Wegner from the original German version by Schwarzer and Jarusalem (1992). It aims to assess self-efficacy, i.e., the belief that one's actions are responsible for successful outcomes. There are 10 items in the scale. Participants respond to a series of statements reflecting their perceived competence to overcome obstacles, achieve goals, and handle difficult situations. The internal reliability of the test is Cronbach's alpha between .76 and .90. The validity of general self-efficacy scale is correlated to emotion, optimism, work satisfaction. Negative coefficients were found for depression, stress, health, complaints, burnout, and anxiety.

#### **2. Self- Report Altruism scale**

The Hindi version of self-report altruism scale was developed by Khanna, Singh, and Rushtom in 1993. The test contains 20 items. The tool was designed to measure individuals' self-report tendencies towards altruistic behaviors. The scale typically covers various dimensions of altruism, such as helping strangers, volunteering, and charitable donations. The reliability of the test demonstrated good internal consistency (Cronbach's alpha= 0.85), and split- half reliability. The validity of the test was high construct validity and criterion related validity.



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### **Procedure:**

To begin with the research, the topic was formulated based on reviewing the research literature on the topic of interest. Limitations were carefully examined. For the conduction of research young adults between the age group of 18 to 25 years of age were selected for participation. Participants consented to be part of research and were informed about the purpose of research, confidentiality, etc. Participants were selected on the bases of snowball sampling technique. Participants with known cognitive impairments or mental health conditions affecting their ability to participate will be excluded from the study. After the consent, Participants will complete a set of self-report measures including the self-Efficacy Scale to assess their levels of confidence in performing tasks and the self-report altruism scale to measure the overall level of altruism. After the data collection, the data was taken for scoring, following which statistical analysis was completed through statistical measures.

### **Statistical analysis**

- Pearson correlation was employed to find the relationship between the variables.

## **RESULTS**

*Table No. 1 Correlations between altruism and self-efficacy*

	<b>Altruism</b>	<b>Self- Efficacy</b>
Altruism	<b>1</b>	<b>.178*</b>
Self- Efficacy	<b>.178*</b>	<b>1</b>

*Correlation is significant at the 0.05 level (2-tailed).*

The link between Altruism and Self-Efficacy were investigated in the performed correlation analysis. The result is the Pearson correlation coefficient that was equal to 0.178 and showed the positive but weak linear relationship between the considered variables. This finding suggests that as Efficacy increases there is a slight tendency for Altruism to also increase and vice versa. The value of 0.029 indicates that this correlation is statistically significant at the 0.05 level, which supports the proposition that there is a significant association present. The paper under discussion includes a sample size of 151 people. This likely low, however, statistically important, positive connection between Altruism and Self-Efficacy was found within the presented sample.

## **DISCUSSION**

We conducted correlative analysis which aims at exploring the association between Altruism and Self-Efficacy. By looking at the obtained correlation result which is Pearson correlation coefficient of 0.178 reveals the existence of a positive but weak curvilinear between the considered variables. This implies that as altruism is increasing there is a slight tendency for Self-Efficacy to go up and this is the other way round as well. Although the effects size of the relation is relatively small, the statistical significance level of 0.029 indicates that the effect, indeed is significant at a 0.05 level. Hence, there is little chance that it would have happened by chance in the population. Thus, these findings allow us to draw an inference that there exists a true association between altruism and self-confidence among a sample size of 151 participants.

The existing connection line between Altruism and Self-Efficacy signifies in support of the fact that the individuals who exhibit high levels of Altruism also tend to have high levels of Self-Efficacy, and in the same way, the individuals who exhibit low levels of Altruism also have low levels of Self-Efficacy. These findings support the notion that people who are most

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affiliated with their community tend to be less doubtful about their ability to complete tasks and overcome difficulties is consistent with the assumption that such people may also be more inclined to engage in helping their peers and being sensitive to their welfare. This indicates the declaration of previously recognized studies which state that there is a positive association between pro-social behaviors such as Altruism and self-esteem.

Consistency can be proved from the findings presented by Alavi et al. (2017) where they linked altruism with nursing self-efficacy among pediatric nurses in Iran. Their qualitative examination emphasized on the positive correlation between altruism, humanistic care, and carer's attitudes. The work highlighted the importance of altruism as a fundamental component of pediatric nurturing confidence; therefore, the literature review was credited for the new psychological knowledge on the role of nurses. What Wu, Tang, & Yogo (2020) discovered was that the country of Japan faces a shortage of organ donors, and so they investigated the roles that death anxiety, altruism, and self-efficacy played on students in the college in response to signing for organ donation; however, studies need to be done to further explore it. Their cross-sectional survey in Japan on 607 individuals found that the anxiety of death indirectly affects the use of donor cards by reducing self-efficacy through mediation, but that altruism, then, strengthens the direct positive effect of self-efficacy. Additionally, Zamanian's (2015) study involved investigation between self-confidence (self-efficacy) and kind acts (altruism). The study was conducted at the Global Islamic university of Tehran using the same institution's Faculty of Theology. As the finding suggested a highly positive relationship ( $r=0.324$ ) between the two, self-efficacy and altruism seemed quite strongly influenced. In conclusion, the cross-sectional design of this research showed that Altruism and Self-efficacy were statistically significant and correlated to each other positively within the sample and the research. This study introduces a valuable piece of knowledge concerning the complex connection between prosocial behavior and the inner self. Hence, the findings can help the scientists and practitioners from the disciplines of social psychology, individual wellbeing also in the areas related to the development of intervention programs of positive behavior fostering.

### CONCLUSION

The connection between self-efficacy and altruism provides intriguing insights into the complex interactions between the individual beliefs in their capabilities and their tendency to be seen in selfless acts. Based on a comprehensive literature review and empirical studies' analysis, it can be concluded that the fact that self-efficacy, which is defined as the belief in one's ability to successfully perform and receive positive results from their actions, is a substantial factor in the formation of altruistic behaviours. People with higher degrees of self-efficacy are more likely to show more altruistic behaviour by contributing to kind, empathetic and cooperative welfare of others.

Furthermore, different sociological framework, including to the model of Bandura, were used to establish a theory as the basis for understanding how self-efficacy motives a determinant factor of prosocial behaviours. This viewpoint allows successful people to relate altruistic actions to the equilibrium and effectiveness of their efforts. Individuals who are confident in their ability to be successful in helping others become more determined to engage even under challenging circumstances.

Moreover, empirical examinations have revealed results consistent both with this hypothesized connection and with the connection between self-efficacy and altruism in all contexts and in each of the different groups of people. Through paths, including surveys,

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experiments, and longitudinal studies, researchers have been exploring the subtle aspects of this relationship which is made up of intertwined and complex dynamics. On the one hand, some pieces of research have much underlined the relationship of self-efficacy and altruism but, on the other hand, some studies have demonstrated that the empathy and moral values, which mediate the relationship, can have different effect on its strength and directions.

In summarizing the study, it led us to a deeper view on the non-trivial connection between self-efficacy and pro-social behaviour, revealing the inner mechanisms and practical implications for motivating this type of behaviour. Realizing how important self-efficacy belief is in forming altruistic tendencies is the main key to psychology practitioners and policymakers in developing intervention step-by-step that aims to improve self-efficacy and cultivate a society to be more compassion and cooperative. Despite the complexities inherent in this relationship, the pursuit of further research in this field holds promise for advancing our understanding of human behavior and fostering positive social change.

### *Implications*

The subjects of the interrelationship between self-efficacy and altruism are far-reaching and carry essential implications on the level of individual well-being, social relations, and community development. Undefined:

- Realising that the individuals who have high-level self-efficacy, are more likely to be involved in altruistic acts implies that the interventions that seek to increase the self-efficacy are also capable of promoting pro-social behaviour. Programs and projects that are geared towards nurturing people's sense of personal sense of personal agency may, inadvertently, bring about a more empathetic and compassionate society.
- The people who practice charity generally get a feeling of being complete and content. Exploring the relevance of self-efficacy in invigorating such behaviours means that focusing on increasing the self-efficacy level would bring in high personal satisfaction as people derive happiness from their ability to contribute positively to others.
- Altruism (voluntarily rendering service to others) is an important aspect of the social network in any community. Altruism at higher levels is linked with the creation of stronger social cohesion and trust among community members. Through exploring how self-efficacy and altruism affect one another, communities can design plans for the construction of stronger individual self-efficacy as well as collective altruistic behaviours. This way, social capital and resilience of their communities are enhanced.
- From academia to workplaces, it is imperative to ensure that individuals feel a high sense of self-efficacy since it can have tremendous consequences for collaboration, teamwork, and organizational success. Higher self-efficacy means that people are likely to take the initiative, persevere despite problems, and help in the prosperity of their mission, thus being beneficial to themselves and their big community.
- Policymakers can use knowledge of the link between self-efficacy and altruism to create policies and programs that strive towards a characteristically humane and egalitarian society. Through an investment in programs that build the self-efficacy and social altruism, governments and organizations can play a part in creating more harmonious, more cohesive society.
- Overall, recognizing the implications of the relationship between self-efficacy and altruism underscores the importance of nurturing individuals' belief in their capacity

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to make a positive difference in the world. By harnessing the power of self-efficacy to inspire altruistic actions, individuals, communities, and societies can work towards creating a more compassionate and interconnected world.

- The understanding of self-efficacy lays the cornerstone personal confidence in the ability of an individual to positively change the world. Using the technique of self-efficacy, which is the ability to do something, as a means of arousing altruistic actions, people, communities, and the whole societies can work together towards the goal of a better, compassionate, and interconnected world.

### *Limitations*

- The low value of the correlation coefficient suggests that although connection between Altruism and Self-Efficacy exists, it is weak and not definite as one variable magnitude is not foretelling another one completely.
- Furthermore, other factors and variables, which were not covered in this study, could be the reason for the level of Responsibility and the Self-Efficacy of one's individuality, so that more research should be conducted considering all the factors.
- Such findings are relevant only to the 151 members of the group, and the pattern may not be generalizable to a larger population.
- The problem with the cross-sectional design of the study is that attribution and direction of the observed relationship between Altruism and Self-Efficacy cannot be established. Such longitudinal research holds a key to further investigations that might reveal even more about the dynamics and potential causal mechanism of the given phenomena.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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