

Life Satisfaction and Self Efficacy among Young adults

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ABSTRACT

The objective of the study is to see the gender difference in Life Satisfaction and Self – Efficacy among young adults. Sample for the study consisted of 60 young adults, (30 males and 30 females). The tools used to assess Life satisfaction and Self-Efficacy was Life Satisfaction and Self - Efficacy Scale by Dr. Promila Singh and Gorge Joseph, 1971 and Sherer et al., 1982 respectively. Results were analyzed using Independent sample t- test and Pearson co-efficient of correlation. Results showed that there is no significant gender difference in Life satisfaction and Self – Efficacy among young adults. The findings indicated that there is significant relationship between Life Satisfaction and Self- Efficacy.

Keywords: *Self- Efficacy, Life satisfaction and Young adults.*

A young adult is generally a person in the age range of 18 to 25 years (Library of Congress Subject Headings, n.d). Like childhood and adolescence, young adulthood is a developmentally distinct period of the life course that can be considered as a critical stage of development (Bonnie RJ, Stroud C, and Breiner H, 2015). According to Erik Erikson's theory of psychosocial development, Intimacy versus isolation is the sixth stage and it takes place during young adulthood. Major question faced by the individual during this stage is, “Will I be loved or will I have to stay alone?” People who are successful in resolving the conflict of the intimacy versus isolation stage are able to develop deep, meaningful relationships with others (Cherry. K, 2017).

A central construct within the Positive Psychology literature is life satisfaction and Self-efficacy. According to Diener et al. (1999), subjective well-being includes both a cognitive and an affective component. The cognitive component is usually measured by asking people how satisfied they are with their life as a whole. Life satisfaction is a core dimension of subjective well-being and a key measure of psychological health (Firdevs Savi Çakar, 2012). Life Satisfaction is an overall assessment of one’s feelings, attitudes, behaviors by one’s own from ranging positive to negative (Diener, 1984). Schwarzer (1994) considered that people

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who have positive self-image, happy and optimistic outlook, and feelings of success tend to achieve life satisfaction.

Perceived self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes. They include cognitive, motivational, affective and selection processes (Bandura, 1994). Every area of human endeavor is affected by the self-efficacy. It is strongly influenced by both the power a person actually has with which he can face challenges competently and the choices a person is most likely to make. These effects are particular, apparent, and compelling; with regard to behaviors affecting health (Luszczynska and Schwarzer, 2005). Researchers examined the predictive power of self-efficacy beliefs, the predictive power of academic achievement and peer acceptance. Indeed, both academic success and peer performance have been shown to be determinants of youth's satisfaction (Cheng and Furnham, 2002 and Kirkcaldy et al., 2004).

Efficacy and satisfaction are interrelated. An individual's efficiency to perform a task leads to the feeling of satisfaction. Life satisfaction can reflect experiences that have influenced a person in a positive way. These experiences have the ability to motivate people to pursue and reach their goals (Bailey et al., 2007) High efficacy beliefs are also related to the expansion of satisfying social relations that bring about life satisfaction to an individual (Bandura, 1997). Therefore, Life satisfaction has been directly related to self-efficacy.

METHOD

Objective

- To study the level of life satisfaction and self-efficacy among young adults

Hypotheses:

Ho₁ There is no significant gender difference in the level of life satisfaction and self-efficacy among young adults.

Ho₂ There is no significant relationship between life satisfaction and self-efficacy

Independent variable:

Gender (male and female)

Dependent variable:

Life satisfaction and self-efficacy

Research design:

The research is exploratory in nature. The study adopts the sample survey method to collect data.

Sampling:

The Purposive sampling method was adopted. Sample for the study consisted of 60 young adults, 30 male and 30 female. The young adults between 18-24 years of age were considered

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for the study. For the present study, the data was collected from the residents of Ujire, Karnataka.

Inclusion criteria:

1. Young adults between 18-24 years of age
2. Under graduation and Post-graduation students

Exclusion criteria

1. Physically and mentally challenged.
2. Married Young adults

Tools:

1. **Life satisfaction scale (Dr. Promila Singh and Gorge Joseph,1971):**The scale measures Life satisfaction on 5 dimensions- 1)taking pleasure in everyday activities, 2) considering life meaning full, 3) holding a self-image, 4) having a happy and optimistic outlook, 5) experience of success in achieving goals. The scale is available in both Hindi and English language and easy to score. It covers 35 items based on the dimensions described above. Each item has 5 response categories specifically; “always”, “often”, “Sometimes”, “rarely”, and “never”. All these responses have a numerical weight age on 1-5 scale in descending order; where “Always” is rated 5 and “never” as 1 respectively. Scoring of response can be done by summing up the individual response weight age and interpreting it against norms; which indicate scores ranging from 136-175 as high, 81-135 as average and 35-80 as low life satisfaction. Its test retest reliability is 0.91 and validity compared to Life satisfaction scale of Alam and Srivatsava (1971) is 0.83; also, it has content and face validity since every item was judged by experts.
2. **Self-efficacy Scale (Sherer et al., 1982):** Self-efficacy scale consists of 30 items and five-point rating scale: strongly agree, moderately agree, neither agree not disagree, moderately disagree, strongly disagree. The scores at 108 and below indicate low self-efficacy, 126 and above indicate high self-efficacy. The questionnaire consists of both positive and negative items. The reliability coefficient is $r=0.609$.

Procedure:

The participants were met individually. The purpose of the study was explained to the participants and their consent was sought to participate in the study. After collecting the socio demographic details, life satisfaction scale and self-efficacy scale was given to the participants with relevant instructions.

Analysis of data:

The statistical analysis of data was done by using independent sample t test and Pearson coefficient of correlation.

RESULT AND DISCUSSION

Table 1: Percentage of participants having high, moderate and low level of life satisfaction

Level of life satisfaction	Males	Females
Low	-	-
Average	66.66	60
High	33.33	40

Table 1 show that 33.33 % of males and 40 % of females have high life satisfaction. 66.66% of males and 60% of females have average life satisfaction and the findings reveal that both the genders have high- average life satisfaction.

Table 2: Percentage of participants having high, moderate and low level of Self- efficacy

Level of Self- efficacy	Males	Females
Low	50	50
Average	50	30
High	-	20

Table 2 shows that 20% of females have high self- efficacy. 50% of males 30% of females have average self- efficacy. 50% of males and 50% of females have low self-efficacy.

Table 3: Mean, SD, t-value and Significance on level of life satisfaction and self-efficacy among young adults

Area	Groups	N	Mean	SD	t-value	Sig.
Life-satisfaction	Male	30	121.37	22.144	1.677	.099
	Female	30	129.87	16.741		
Self-efficacy	Male	30	105.00	13.923	1.510	.136
	Female	30	110.37	13.601		

The hypothesis stating that there is no gender difference in the level of self-efficacy and life-satisfaction among young adults was tested using independent sample *t* test. The obtained *t* value is 1.677 and 1.510 respectively which is not significant. Hence the null hypothesis is accepted which states that there is no gender difference in the level of self-efficacy and life-satisfaction among young adults. A study done by Firdevs SaviCakar (2012) also supports the findings, that there is no gender difference in the level of self-efficacy and life-satisfaction among young adults.

Table 4: Pearson coefficient of correlation for life satisfaction and self-efficacy

	Self - efficacy	Life satisfaction
Self-efficacy	1	.502**
Life satisfaction	.502**	1

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The hypothesis states that there is no significant relationship between self-efficacy and life-satisfaction was tested using Pearson co-efficient of correlation. Pearson co efficient of correlation is .502 which indicates that there is significant relationship between life-satisfaction and self-efficacy. It indicates that if one variable increases the other also increases. Thus, it rejects the assumed hypothesis which states that there is no significant relationship between life-satisfaction and self-efficacy. A study done by Firdevs Savi Cakar (2012), supports the results and indicates that self-efficacy and life satisfaction are significantly correlated among young adults.

Summary and conclusion

Obtained result of the present research shows that there is no significant gender difference in the level of life satisfaction and self-efficacy among young adults. The findings indicate that there is significant relationship between the two variables.

De-limitations of present study

As the sample was collected from only one locality, that is Ujire.DK, hence generalization is limited in its scope.

Contributors

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