



“To Study Psychological Knowledge and Self-Efficacy Students”

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Abstract:

Self-Efficacy which is the foundation of human agency refers to the belief in one's ability to perform a specific task. As Self-Efficacy is a very important contributor in any task performance of an individual, the aim of the present study was to compare Self-Efficacy between students having psychological knowledge and student who do not have any knowledge of psychology. The investigators wanted to know whether studying psychology helps students in increasing their self-efficacy or not. The hypothesis was that students with psychological knowledge background will score high on Self-Efficacy than students without psychological knowledge background. The scale which was used for the present study was the Self-Efficacy Scale developed by Dr. Arun Kumar Singh and Dr. Shruti Narain. This scale is applicable to use on individuals of 15 years of age and above. It consists of 4 dimensions namely Self-Confidence, Efficacy Expectations, Positive Attitude and Outcome Expectations. There are 5 items in each dimension, with 1 negative item and 4 Positive items, making a total of 20 items. It is measured on 5 points Likert Scale where 5 stand for strongly agree and '1' for strongly disagree. The test-retest reliability of this is .82 while the split-half reliability is .74. In terms of validity, its concurrent validity is .92.

The result was calculated by using independent t-test. The calculated t value was 3.779 which is significant. The result revealed that there is a significant difference between the Self-Efficacy score of students with knowledge of psychology and students without knowledge psychology. Thus proving that having studied psychology helps in increasing self-efficacy among students.

Keywords: *Self-Efficacy, Knowledge of Psychology Self-Confidence, Efficacy Expectations, Positive Attitude and Outcome Expectations.*

Introduction

Self-efficacy is the belief that you can accomplish a task or achieve a goal. It's a form of positive thinking that can impact your behavior, mental health, and physical health. Self-efficacy is a person's belief in their ability to complete a task or achieve a goal. It encompasses their confidence in themselves to control their behavior, exert an influence over their environment, and stay motivated in the pursuit of their goal. People can have self-efficacy in different situations and domains, such as school, work, relationships, and other important areas. Self-efficacy is important because it plays a role in how you feel about yourself and whether or not you successfully achieve your goals in life. Continue reading to learn more about this

concept that is central to Albert Bandura's social cognitive theory, which emphasizes the role of observational learning, social experience, and reciprocal determinism in personality development.

Concept used in the study:

Self-Efficacy Basics:

Albert Bandura defined self-efficacy as the belief in one's capabilities to organize and execute the courses of action required to manage prospective situations. It is a person's belief in their ability to succeed in a particular situation. Such beliefs play a role in determining how people think, behave, and feel. According to Bandura, self-efficacy is part of the self-system comprised of a person's attitudes, abilities, and cognitive skills. This system plays a major role in how we perceive and respond to different situations. Self-efficacy is an essential part of this self-system. Since Bandura published his seminal 1977 paper, *Self-Efficacy: Toward a Unifying Theory of Behavioural Change*, the subject has become one of the most studied topics in psychology. Why has self-efficacy become such an important topic among psychologists and educators? As Bandura and other researchers have demonstrated, self-efficacy can impact everything from psychological states to behaviour to motivation. Self-efficacy determines what goals we pursue, how we accomplish those goals, and how we reflect upon our own performance.

Self-Efficacy is simply a notion that an individual has of himself about his capabilities of performing a particular task in a particular manner to attain a particular goal. In simple words, we can say that it is just a belief that a person has of himself about his ability to execute a course of action which is required to successfully complete a task. This belief of a person may or may not be correct. The concept of self-efficacy evolved from Bandura's (1986) 'Social Cognitive Theory'. Self-efficacy was the key concept of Bandura's Social Cognitive Theory which accentuated on human's capabilities to be aggressive and self-regulated. Since this term was presented in Bandura's seminal paper (Bandura, 1977), researches have refined the role of self-efficacy as an underlying mechanism in behavioural convey, maintenance and generalization (Schunk, 1991). Bandura wrote that, Self-efficacy belief determine how people feel, think, motivate them self and behave. According to him, without confidence in one's ability an individual cannot perform to his or her potentials. It is even possible that someone with lesser ability but with greater confidence cannot perform this particular person because belief in oneself can be a powerful influencer.

According to him, Self-efficacy is a person's evaluation of his or her ability of competence to perform a task, reach a goal or overcome an obstacle. (Bandura, 1977). He also believed that, Self-Efficacy is the foundation of human agency. Bandura (1977). Wood and Bandura, (1989) believed that 'Perceived Self-Efficacy concern people's belief in their capabilities to mobilize the motivation, cognitive resources and course of action needed to exercise control over events in their lives.

Self-efficacy isn't really a General Belief in one's ability. It has a much larger scope because it is an assessment of one's capabilities in three complex and crucial areas motivation, sources and action. In addition, Self-efficacy is not a generalized trait (Bandura 1982, 1986), but personal trait as it is a person's belief in his or her ability to perform a specific task. It is important to note that one needs both skill and self-efficacy to perform a task (Bandura, 1982, 1986; Wood and Bandura, 1989) and not just self-efficacy alone. Nevertheless, given the

specific same level of skill, due to self-efficacy there is a good different outcome in performance. (Gist & Mitchell, 1992; Wood & Bandura, 1989). And this is why self-efficacy is one of the most powerful motivators of behaviour at a given point in time, it also determines the initial decision to perform a task, effort to be expanded and level of persistence to complete the task. (Gardner & Pierce, 1998)

Impacts of Self-Efficacy The impact that self-efficacy has on your life varies depending on whether your level of self-efficacy is high or if it is low. High

Self-Efficacy: Self-efficacy can play an important role in health psychology and how people manage their health, nutrition, and illness. For example, having a strong sense of self-efficacy can help people who are trying to quit smoking stick to their goals. Azmi Elshatarat R, Ibrahim Yacoub M, Marwan Khraim F, Taher Saleh Z, Rateb Afaneh T. Maintaining a weight Loss Plan, Managing Chronic Pain, giving up alcohol, sticking to an exercise schedule, and following an eating plan can all be influenced by a person's levels of self-efficacy. Research has also shown that when teachers have high self-efficacy, it has a positive impact on academic outcomes. High teacher Self-efficacy positively influences student motivation and achievement. Bandura suggests that self-efficacy can benefit a person's sense of well-being in a number of ways. For instance, They remain optimistic and confident in their abilities, even when things become difficult. Because individuals with high Self-efficacy look at difficulties as challenges rather than threats, they tend to be more intrinsically interested in the tasks they pursue. Difficulty and failure don't mean defeat; instead, these individuals redouble their efforts and look for new ways to overcome.

Low Self-Efficacy People who are low in Self-efficacy tend to see difficult tasks as threats they should avoid. Because of this, they also often avoid setting goals and have low levels of commitment to the ones they do make. When setbacks happen, they tend to give up quickly. Because they don't have much confidence in their ability to achieve, they are more likely to experience feelings of failure and depression. Stressful situations can also be very hard to deal with and those with low Self-efficacy are less resilient and less likely to bounce back. Learned is the opposite of Self-efficacy. It can occur when people feel they have no power to control what happens in a situation. Instead of looking for opportunities to change the outcome, they give up and behave passively.

Evaluating Self-Efficacy Strength For a quick, informal assessment of your own Self-efficacy levels, consider the following questions:

- Do you, feel like you can handle problems if you are willing to work hard?
- Are you, confident in your ability to achieve your goals?
- Do you, feel like you can manage unexpected events that come up.?
- Are you, able to bounce back fairly quickly after stressful events?
- Do you, feel like you can come up with solutions when facing a problem?
- Do you, keep trying even when things seem difficult?
- Do you, perform well even under pressure?

If you can answer yes to many or most of these questions, then chances are good that you have a fairly strong sense of self-efficacy. If you feel like your self-efficacy could use a boost, consider some of the following strategies for improving your sense of efficacy. There are a number of different scales that are used to evaluate levels of self-efficacy, including the General Self-Efficacy Scale (GSE) and the Self-Efficacy Questionnaire.

Simply Building Self-Efficacy: Fortunately, self-efficacy is a psychological skill you can foster and strengthen. Start by looking for ways to incorporate Bandura's sources of self-efficacy into your own life. Here are a few strategies to try. Celebrate Your Success Mastery experiences play a critical role in the establishment of self-efficacy. Bandura actually identified this as the single most effective way to create a strong sense of self-belief. When you succeed at something, you are able to build a powerful belief in your ability. Failure, on the other hand, can undermine these feelings, particularly if you are still in the early phases of building a sense of personal efficacy. Set the Right Goals the ideal types of success, however, are not necessarily those that come easily. If you experience a lot of easy success, you may find yourself giving up more readily when you finally do encounter failure. So, work on setting goals that are achievable, but not necessarily easy. They will take work and perseverance, but you will emerge with a stronger belief in your own abilities once you achieve them.

Observe Others Bandura also identified vicarious experiences obtained through peer modelling as another important means of establishing and strengthening Self-efficacy. Seeing others putting in effort and succeeding, as a result, can increase your belief in your own ability to succeed. One factor that plays a key role in the effectiveness of this approach is how similar the model is to yourself. The more alike you feel you are, the more likely it is that your observations will increase your sense of Self-efficacy.

Seek Positive Affirmations Hearing positive feedback from others can also help improve your sense of Self-efficacy. For example, your physician telling you that you are doing a good job sticking to your diet plan can be encouraging. Feedback from friends, mentors, and people who you respect can help you feel greater confidence in your abilities. By that same token, avoid asking for feedback from people you know are more likely to have a negative or critical view of your performance. While positive social feedback can be helpful for strengthening your already existing sense of Self-efficacy, negative comments can often have a powerful undermining effect. Bandura suggested that Social feedback alone is not enough to build your Self-belief, but it can be a useful Tool when you need a little extra encouragement.

Thoughts and Emotions If you, find yourself getting stressed out or nervous before a challenging event, you might feel less sure of your ability to cope with the task at hand. One way to boost your self-efficacy is to look for ways to manage your thoughts and emotions about what you, are trying to accomplish. Do you, feel anxious? Looking for ways to ease your stress levels can help you feel more confident in your capabilities. Do you, find yourself dwelling on negative thoughts. Look for ways to replace negativity with positive self-talk that promotes self-belief.

Sources of Self-Efficacy: According to Bandura (1992), Self-Efficacy develops from early childhood and continues to evolve throughout life. It develops continuously as individuals keep on acquiring new skills, understandings and experiences every day throughout their lives. According to Wood & Bandura (1989), ***There are 4 particular sources that affect an individual's self-efficacy.***

1. **Mastery Experience:** It is described as past experiences of success or failure meaning whenever an individual performs a task successfully it strengthens the sense of Self-Efficacy of that individual while failure to perform a task weakens the sense of Self-Efficacy of that individual. According to

Bandura (1994), it is the most effective way of developing a strong sense of self-efficacy in an individual.

1. **Vicarious Experiences** ; It means when an individual sees another individual successfully completing a particular task his self-efficacy is strengthened as he will think that if others can do it so can he. According to **Bandura (1994)**, seeing people similar to oneself succeed by the continuous attempt raises observer's belief and level of Self-Efficacy that they also possess the capabilities to master similar activities to succeed in a task.
2. **Social or Verbal Persuasion**; It involves the words of encouragement or discouragement from other to an individual for performing a task successfully. According to **Bandura (1977)**, people could be persuaded to believe that they have the particular skill and capability to succeed by getting verbal encouragements from others which significantly changes their level of self-confidence, self- evaluation and help an individual to overcome from self-doubt and focus on giving their best to the task at hand.
3. **Physiological and Emotional Responses**; It is the mood, physical an emotional reaction and stress level that an individual has about his personal abilities and capabilities in a particular situation. According to Bandura (1982, 1986), these are represented by physical and emotional reactions towards a situation by an individual. The physiological and emotional arousal responses indicate the fearfulness and quietness in stressful condition and this indicates the coping mechanism which the individual applies in a given situation.

Importance of Self-Efficacy

1. Self-Efficacy not only influences the individual's life choices and course of action that they take to pursue them but also avoid the task in which they are not confident about.
2. It has a huge effect on the motivation of an individual as those with high Self-Efficacy try harder to complete a particular task successfully than those with low Self-Efficacy.
3. It changes the perception of a task for an individual as those who have high Self-Efficacy thinks that the task is easy and can be completed while those whose Self-Efficacy is low will perceive the same task a lot harder and might avoid it.
4. It helps people to perceive that they are in control of their lives and their actions rather that everything is out of their hand and control.
5. It helps people to face even the stressful situation with confidence rather than anxiety and fear.

Psychology is the scientific study of the human mind, its functions especially those functions which affect mental characteristics and human behaviour. It not only helps in understanding the behaviour and reasons behind it but also predicting the behaviour of an individual. It helps us to understand our selves better, to know our Abilities, Capabilities and even our limitation and drawbacks. It helps us to understand our thought process, our emotions our reaction to the particular situation, our personality etc. It helps us to understand ourselves better and live a more effective and enjoyable life. When an individual has knowledge about himself he can achieve a lot in his life. By understanding our limitations, we can make realistic goals and then achieve them easily, by understanding our abilities we can choose our life paths more effectively and achieve success in every endeavor of our life. Not only these gaining understanding of our self helps us not only in improving our life choices but also our relationships and communications with others thus building stronger, pure and truer

relationships. Knowledge of our self helps us in maximizing our strengths and minimizing our weakness and failures.

Importance of Psychology in Daily Life

As psychology deals with human behaviour, Performance and Mental process, it is very important in daily life whether personal, Social or professional. Some of the main importance of psychology in our lives are:

Building Relationships: - When we are able to understand others, their behaviour and the reasons behind them, we are able to build stronger relationships with them. These persons can be Parents, Children, Siblings, Spouses, Friends, colleagues or bosses also.

Improving Communication Skills: - If we understand how and why people think and behave we will be able to communicate better with them. Even the covert expressions or the unspoken emotions will be understood and communicated thus communication skills will be improved.

Enhancing Self-Concept and Self-Confidence:- Knowledge about self is always an asset. By understanding our emotions, behaviour, abilities and limitations one can gain more self-confidence. Even our Self-Concepts is improved as we get to know our personality and thus can increase our strengths and work on our weaknesses.

Building Career: - By understanding our strength, interest and our behaviour we will be able to choose our career more easily and will succeed in it. Knowledge about behaviors of others will help us in understanding our boss, co-workers and subordinates also and thus help us building stronger Relationships with them and enriching our Careers.

Helps in Critical Thinking and Reasoning: - It helps us to think critically and analyze the situation in many different ways and from many different angles or perspectives. Thus helping us to find a solution which is more accurate and relabels.

Developing Time Management Skills: - It also helps make us understand our priorities and then working towards achieving them. By prioritizing the tasks one can successfully manage many different tasks at hand in less time.

Objective

To study the effect of Psychological Knowledge on the Self-Efficacy of the students.

Hypothesis

On the basis of theoretical background and logical supposition, in the present study the following hypotheses are framed.

1. There exists no significant difference between Psychology Students in terms of Self-Efficacy
2. There exists no significant difference between & Non Psychology Students in terms of Self-Efficacy.

Reasrch Methodology

Sample

The sample of the present study was the students of Savitribai Phule Pune University Pune. The total size of the sample was 80 with 40 Students from Social Science & Arts Faculty and 40 from the Science Faculty. The students were both from the Graduate and Undergraduate programs. The majority of students were from Undergraduate programs (80%) rest from Graduate programs (20%). All the Students were asked to mention whether they had studied Psychology at any level of their Education or not. It was observed that all the students of Social Science and Arts Faculty had studied Psychology either in their Masters, Graduation or 12th

standard, while none of the students from Science Faculty had ever studied Psychology at any of their educational levels.

Tools

Self-Efficacy Scale (SES- SANS) develop by Arun Kumar Singh and Shruti Narain (2014) was used to find out the level of Self-Efficacy of our participants. This scale is applicable to use on individuals of 15 years of age and above. It consists of 4 dimensions namely Self-Confidence, Efficacy Expectations, Positive Attitude and Outcome Expectations. There are 5 items in each dimension, with 1 negative item and 4 positive items, making a total of 20 items. It is measured on 5 points Likert Scale where 5 stand for strongly agree and '1' for strongly disagree. The test-retest reliability of this is .82 while the split-half reliability is 0.74 In terms of validity, its concurrent validity is 0.92

Procedure

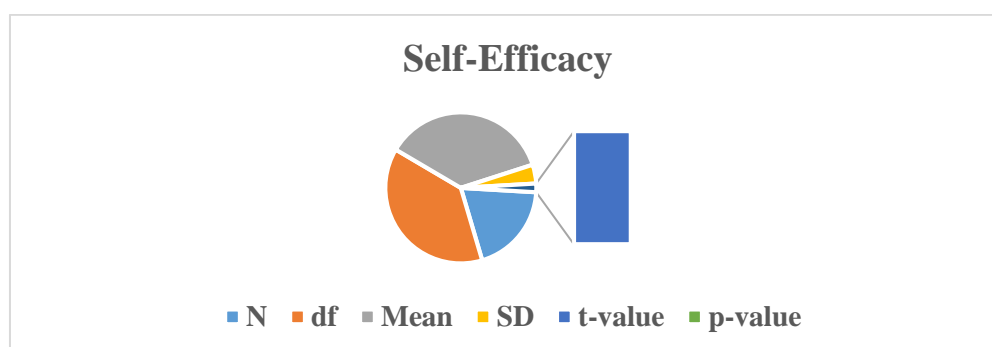
The present study was conducted on students of Savitribai Phule Pune University Pune. Rural Pune District Maharashtra All the students were from Arts Faculty and Science Faculty only. After the selection of subjects into two groups- students with psychological knowledge background and students without psychological knowledge background, they were informed about the study. They were told that there were no right and wrong answers and they have to choose the answer that was most appropriate and truthfully for them. Then they were given self-efficacy scale to complete. After completing the questionnaire, they were thanked for their time and involvement. The questionnaires were then scored and the scores of self-efficacy were calculated.

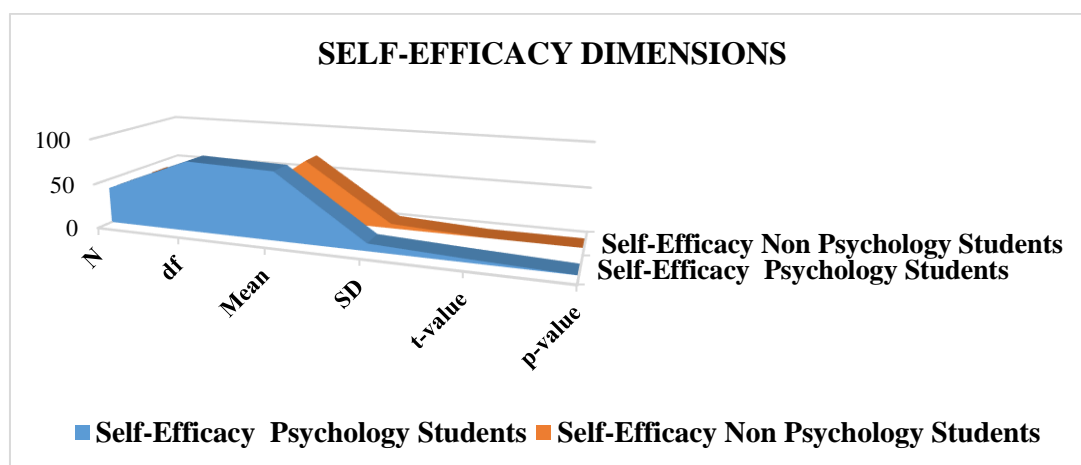
Data Analysis

Table 1: Mean, SD, t-value & p-value of self-efficacy of two groups of Students Psychology Students & Non Psychology Students

Variables	Faculty	N	df	Mean	SD	't' value	p
Self-Efficacy	Psychology Students	40	78	75.00	8.280	3.780	.001
	Non Psychology Students	40		69.20	5.065		

**** P<0.01 *P<0.05 NS = Not Significant**





1. There exists no significant difference between Psychology Students in terms of Self-Efficacy.

The data were analyzed using SPSS software (20. Version). It was seen that the mean score of Psychology Students & Non Psychology Students was 75 and SD was 8.280 while the mean score of Science Faculty was 69.2 with 5.065 as SD. T-test for the independent sample was used to find out the weather there was the difference between the Self-Efficacy scores of students with psychological knowledge background and students without psychological knowledge background. The value obtained of t or the calculated t-value was found to be 3.780 which was significant at $p < .001$ level of significance.

2. There exists no significant difference between & Non Psychology Students in terms of Self-Efficacy.

It was seen that the mean score of Psychology Students & Non Psychology Students was 75 and SD was 8.280 while the mean score of Science Faculty was 69.2 with 5.065 as SD. T-test for the independent sample was used to find out the weather there was the difference between the Self-Efficacy scores of students with Psychological knowledge background and students without psychological knowledge background. The value obtained of t or the calculated t-value was found to be 3.780 which was significant at $p < .001$ level of significance.

Result & Discussion:

The results observed in table 1 reveals that there was a significant difference between both groups of students on all the 5 dimensions of Self-Efficacy at .001 level of significance. This result rejects the null hypothesis that there is no difference between the two groups and accepts the alternate hypothesis that there is the difference between both the groups on Self-Efficacy scores. It is observed that the means score of self-efficacy of students with psychological knowledge background is 75, which is more than the mean score of Self-Efficacy of students without psychological knowledge background which is only 69.2. This show that the level of Self-Efficacy is higher in students with psychological knowledge background that is Social Science & Arts Faculty than those without psychological background knowledge that is Science Faculty students thus proving and supporting our current hypothesis which stated that students who have knowledge of Psychology will display higher level of Self-Efficacy than those students without Psychological knowledge background. Students of Faculty of Social Science and Arts have studied psychology at one or other level of their education and thus are well aware of their own personalities, their strengths and their weaknesses, and know how they will behave and why they will behave in a particular way in a particular situation.

Thus knowledge of psychology not only gives a boost to their Self-Confidence but also increases their level of Self-Efficacy that is their ability to complete the particular task at their hand successfully. While students of Science Faculty have never studied psychology and they are not fully aware of their personality, strength and weaknesses and thus their lower knowledge of self leads to a lower Self-Efficacy meaning they might doubt whether they will be able to perform any particular task completely and successfully, they will sometimes have self-doubts about their work, their abilities and capabilities. It is not that they are not aware of their Self at all, it is just that they don't have a solid reference to base their knowledge of self on. By studying psychology, students of Social Science and Arts faculties have a solid reference to their personalities, strengths and weaknesses etc. because they not only studied these subjects but also performed experiments and attempted various questionnaires, tests etc. and the results of these gives them a solid base of full understanding of their own Self. Every personality test, or any other tests which these students studied in their courses they also took (due to their own interest and curiosity) and thus know themselves better with proves. And this increases their self-efficacy many times more than others.

Applications of Self-Efficacy Healthy Habits:

According to health Psychologists (Bandura, 1988), people are more likely to engage in healthy behaviours when they feel confident in their capabilities to successfully carry out those behaviors. To give one example, having higher levels of Self-Efficacy could help one stick to an exercise routine. This tends to be a positive on multiple ends the goal of finishing the workout is complete due to the higher levels of Self-Efficacy, and the finished exercise routine helps with your bodily and mental wellness. Self-efficacy is also a factor that helps people adopt other healthy lifestyle choices like trying to keep a healthy diet or trying to stop smoking. For whatever one would want to use it for, health psychologists believe that Self-Efficacy can be applied in ways that promote a healthy lifestyle. ***Academic Success:*** Mart van Dintner (2011) and a number of his colleagues conducted research on the link between education and Self-Efficacy. Their conclusions state that Self-Efficacy is linked to factors such as the strategies that students utilize, the goals that students set out for themselves, and their academic achievements. ***Treating Phobias:*** Bandura (1982) proposed that Self-Efficacy could be used in an effective manner to treat phobias. He wanted to test this by conducting an experiment. He started with two groups - one group would directly interact with their phobia (in this case, snakes), and the members of the second group would watch someone partake in activities with their phobia. The point was to assess which group- after different ways of approaching a phobia - would still be more fearful of snakes. According to the results of the experiment, the participants who had directly interacted with the snake showed higher self-efficacy and less avoidance. This suggests that personal experience is more effective than observation when it comes to developing **Self-Efficacy** and facing our fears.

- Psychologist Albert Bandura has defined self-efficacy as people's belief in their ability to control their functioning and events that affect their lives.
- One's sense of self-efficacy can provide the foundation for motivation, Psychological well-being, and personal accomplishment.
- People's beliefs in their Self-Efficacy are developed by four primary sources of influence, including (1) Mastery experiences, (2) Vicarious experiences, (3) Social persuasion, and (4) Emotional states.

- High Self-Efficacy has numerous benefits to daily life, such as resilience to adversity and stress, Healthy lifestyle habits, improved Employee performance, and Educational achievement.

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