



Self-efficacy and general well being among adolescents in context of gender

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ABSTRACT

Adolescence is defined as a period of adjustment or as a journey to adulthood (Nurmi, 2001) where a teenager has to face rapid physical, cognitive and social changes (Nurmi, 1997)). The Self-Efficacy beliefs provide the foundation for motivation, well being and personal accomplishment in all areas of life. The present research work was carried to study the level of self-efficacy and general well-being of male and female adolescents of Samba district and to compare self-efficacy and general well-being of adolescents in context of gender. A sample of 100 adolescents (50 boys and 50 girls) from different Secondary and Senior Secondary Schools of Samba district of J&K were randomly selected. The tools used for the present research work were- General Self-Efficacy Scale and Adolescent Well-Being Scale. Data were analyzed quantitatively and qualitatively by using mean, standard deviation and t-scores. The results revealed that t-scores showed a significant effect of gender on self-efficacy and general well-being of adolescents. Results depicted that majority of adolescent boys (58%) fell in the level of high self-efficacy and same percentage of girls (58%) fell in the level of moderate self-efficacy. The boys had higher mean scores than girls on self-efficacy. Results also depicted that the mean scores of girls were higher than boys on non-depressive domain and the boys have higher mean scores than girls on depressive domain of Adolescent Well-Being Scale. Results concluded that boys have higher self-efficacy than girls. This means that they were more confident than girls that they could deal efficiently with unexpected events. This may be due to that males are more exposed to the outside environment. The females have to bear discrimination in the society which affects their self-efficacy. Results also concluded that boys were found more depressive than girls on general well-being. This may be due to that girls are more emotionally stable than boys and they can adjust to every situation of life.