



Research Article

Self-efficacy of working and non-working women

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SUMMARY : The study was conducted on self-efficacy of working and non-working women. The random sample consisted of 90 working and 90 non-working women which was selected from Dharwad district in Karnataka state. The purpose of the present study was to examine the self-efficacy of working and non-working women. Self-efficacy scale and personal information schedule were used. Results revealed that there was no significant association between self-efficacy of working and non-working women. The working women had high self-efficacy as compared to non-working women. Social participation had positive and significant relationship with working women.

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BACKGROUND AND OBJECTIVES

People have beliefs about themselves that are the key elements to the behaviour and motivation of the people and also to the exercise of control and personal agency. The process of creating and using beliefs is rather simple and intuitive. Self-efficacy is considered to be the most unique human capacity which enables people to evaluate and alter their own thinking and behaviour (Barlow and Durand, 2000). Self-efficacy (SE), or beliefs about one's capabilities and potential to meet situational demands, influences effort, perception of control, personal choices, thought patterns, depression, and perceived stress (Bandura, 1995). Self-efficacy refers to a personal judgment about a person's perceived ability to mobilize resources over events and has been related to both general and specific behaviours (Cruess *et al.*, 2002). Behavioral interventions emphasize and increase self-efficacy (Bandura, 1994) by providing opportunity to model and practice behaviours. Group cognitive behavioral interventions provide skills, such as re-framing of stressors (looking at stressors from another perspective), coping, relaxation, assertiveness, and anger management, while promoting attitude and behavioural change regarding stressors

through increased self-efficacy (ISE) and collective (group) efficacy.

Self-efficacy is an individual's estimate or personal judgment of his/her own ability to succeed in reaching a specific goal (Wikipedia, 2005). The most effective way of developing a strong sense of efficacy is through mastery experiences. Performing a task successfully strengthens our sense of self-efficacy. However, failing to adequately deal with a task or challenge can undermine and weaken self-efficacy. Witnessing other people successfully completing a task is another important source of self-efficacy. Seeing people similar to oneself succeed by sustained effort raises observers' beliefs that they too possess the capabilities master comparable activities to succeed. Bandura (1995) also asserted that people could be persuaded to believe that they have the skills and capabilities to succeed. Getting verbal encouragement from others help people overcome self-doubt and instead focus on giving their best effort to the task at hand. Our own responses and emotional reactions to situations also play an important role in self-efficacy. Moods, emotional states, physical reactions, and stress levels can all impact how a person feels about their personal abilities in a particular situation. A person who becomes

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