A STUDY OF SELF-EFFICACY AMONG MALE AND FEMALE COLLEGE STUDENTS

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Abstract: - This Study purpose that a Study of Self-Efficacy among Male and Female College Students. Objectives:- To examine Self-Efficacy (Self Confidence, Efficacy expectation, Positive attitude and Outcome expectation) among Male and Female College Students.. Hypotheses:- There is no significant difference Between Male and Female Students with dimension Self-Efficacy on Self Confidence, Efficacy expectation, Positive attitude and Outcome expectation. Methodology- Sample: Total sample of present study 120 College Students, in which 60 were male and 60 females. Both groups sample College Students from Aurangabad Dist. in Maharashtra. Non-Probability purposive of Accident dental Sample Design was selected and the subject selected in this sample was age group of 18-21 year. Variables- The independent variables are Gender (Male and Female Students), and Dependent variables are Self-Efficacy (Self Confidence, Efficacy expectation, Positive attitude and Outcome expectation). Research Design: 2x2 Factorial Designs used in the present study. Research Tools- Self-Efficacy Scale by Dr. A.K.Singh , Dr. Shruti Narain. Statistical Treatment: Mean SD and ANOVA. Conclusions: 1) No significant difference Between Male and Female Students on Self Confidence. 2) Female Students high Efficacy expectation than Male Students. 3) Female Students high Positive attitude than Male Students. 4) No significant difference Between Male and Female Students on Outcome expectation. 5) Female Students high Self-Efficacy than Male Students.

Key words: - Self-Efficacy, Self Confidence, Efficacy expectation, Positive attitude and Outcome expectation, Male, Female,

1. INTRODUCTION

The term "Self-Efficacy" was coined and developed by Albert Bandura (1997), a social psychologist, as a part of his Social Learning Theory. Later this was expanded and renamed as Social Cognitive Theory in 1986. The basic premise to propose this theory was his dissatisfaction with the principles of behaviorism and psychoanalysis.

Self Efficacy is a person's belief in his or her ability or competency to perform a task, reach a goal or overcome ab obstacle; belief about their capabilities to produce designated level of performance that exercise influence over events that affect their lives. Beliefs in personal efficacy affect life choices, level of motivation, quality of functioning, resilience to adversity and vulnerability to stress and depression. It is designed for use with 12 years and above age of individuals.

A brief description of each of these dimensions is as follows:

(a) Self-confidence- The faith in oneself and in one's abilities to perform a certain task or to arrive at a certain goal.

(b) Efficacy expectation- The conviction that the person himself or herself can successfully produce the behavior required to generate the particular outcome. It determines how hard people will try and how long they will persist at a particular behavior.

(c) Positive attitude- A positive attitude is seeing the glass half full. IT means to keep a set of ideas, values and thoughts that tend to look for the good, to advance and overcome problems, to find the opportunities in every situation, and to look, as it is said, 'on the bright side of life. It also means to have courage and exceed oneself, getting up whenever one falls.

(d) Outcome expectation- A person's belief that a given behavior will lead to a particular outcome.

2. REVIEW OF LITERATURE

Jain, S. A., & Desai, T. R. (2020) this study found that there is no significant difference of self- efficacy of adolescent boys and girls. Junge & Dretzke (1995) this study found that male students had significantly higher self-efficacy when compared females. Kumar and Lal (2006) this study conducted that female scored higher than that of their male counterparts. Mahyuddin et al. (2006) this study showed that there were significant differences in the self-efficacy between girls and boys in English where the females' students exhibited higher self-efficacy than the males. Pajares and Valiante (2001) this study reported that middle school girls had higher writing self-efficacy than boys. Rajesh Kumar and Roshan Lal, (2006) this study found that significant gender differences were also found, where female scored higher than their male counterparts. Sandeep Talluri, (2019) this study revealed that there is no significant difference in the Self-efficacy among male and female secondary school students.Sawari et al. (2015) this study found that the female students had higher levels of self-efficacy than the male students. Shkullaku (2013) this study found that there was a significant difference between males and females in self-efficacy. Siti Salwa Bte Md. Sawari, Norwati Bt Mansor, (2013) this study found that there is no significant difference level of general self-efficacy between male and female students. Weisgram & Bigler (2006) this study found that the male students in the control group had higher self-efficacy than the female students. Yazachew (2013) this study found that no significant difference in both males and females in their self-efficacy. ZahraKar et. al. (2010) this study conducted that Female High School Students' Self-efficacy in Rasht.

3. STATEMENT OF THE PROBLEM

A Study of Self-Efficacy among Male and Female College Students

Objectives of the study

- To examine Self-Efficacy (Self Confidence, Efficacy expectation, Positive attitude and Outcome expectation) among Male and Female College Students.

Hypotheses of the study

- There is no significant difference Between Male and Female Students with dimension Self-Efficacy on Self Confidence, Efficacy expectation, Positive attitude and Outcome expectation.

4. METHODOLOGY

Sample

Total sample of present study 120 College Students, in which 60 were male and 60 females. Both groups sample College Students from Aurangabad Dist. In

Table No.01 Sample Design

		Gender		Total
Area of Residence		Male	Female	
	Urban	30	30	60
	Rural	30	30	60
Total		60	60	120

Research design:-

2x2 Factorial Designs used in the present study

Table No.02 Research Design

		A	
B		A1	A2
	B1	A1,B1	A1,B1
	B2	A1,B1	A2,B2

A- Gender A1- Male Students A2- Female Students

B- Area of Residence B1- Urban Students B2- Rural Students

VARIABLES USED FOR STUDY

Table No- 03 Variables

Type of variable	Name of variable	Sub. Variable	Name of variable
Independent	Gender	02	1) Male Students 2) Female Students
Dependent	Self-Efficacy	04	1) Self Confidence 2) Efficacy expectation 3) Positive attitude 4) Outcome expectation

5. RESEARCH TOOLS

Table No. 04. Self- Efficacy scale

Aspect	Name of the Test	Author	Sub-Factor	
Self-Efficacy	Self-Efficacy scale	Dr. A.K.Singh Dr. Shruti Narain	1) Self Confidence 2) Efficacy expectation 3) Positive attitude 4) Outcome expectation	Item-20 Reliability - .0.82 Validity - 0.92

OPERATIONAL DEFINITIONS OF KEY TERMS:

Male

A person bearing an X and Y chromosome pair in the cell nuclei and normally having a penis, scrotum, and testicles, and developing hair on the face at adolescence; a boy or man.

Female

a person bearing two X chromosomes in the cell nuclei and normally having a vagina, a uterus and ovaries, and developing at puberty a relatively rounded body and enlarged breasts, and retaining a beardless face; a girl or woman.

Self efficacy

Self efficacy is the belief in one's capabilities to organize and execute the sources of action required to manage prospective situations.

PROCEDURES OF DATA COLLECTION:-

For the present study 60 sample was used and two instruments were administered individuals as well as a small group will be adopted. The subjects were called in a small group of 21-25 subjects. Following the instructions and procedure suggested by the author of the test. Tests were administered and a field copy of each test was collected. Following the same procedure the whole data was collected.

STATISTICAL ANALYSIS

At the first stage data were treated by descriptive statistical techniques i.e. mean and standard Deviation and ANOVA was done by using SPSS Software.

6. RESULTS AND DISCUSSION

Gender on Self Confidence

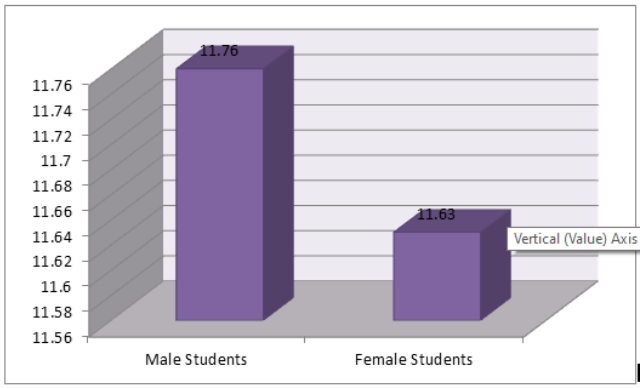
Hypothesis - 01

- There is no significant difference Between Male and Female Students with dimension Self-Efficacy on Self Confidence.

Table No. 05. Mean SD and F Value of Gender on Self Confidence.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Self Confidence	Male Students	11.76	1.92	60	118	0.172	NS
	Female Students	11.63	2.00	60			

Figure No.01. Mean of Gender on Self Confidence



Observation of the Table 05 and Graph No. 01 indicated that Mean and SD of Male Students was 11.76 ± 1.92 and Female Students was 11.63 ± 2.00 on Self Confidence and F value is 0.172 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted and Alternative hypothesis is Rejected it mean that no significant difference Between Male and Female Students on Self Confidence.

Gender on Efficacy expectation
Hypothesis - 02

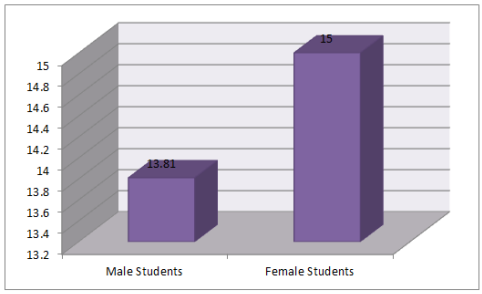
- There is no significant difference Between Male and Female Students with dimension Self-Efficacy on Efficacy expectation.

Table No. 06. Mean SD and F Value of Gender on Efficacy expectation.

Table No. 06. Mean SD and F Value of Gender on Efficacy expectation.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Efficacy expectation	Male Students	13.81	2.52	60	118	15.43	0.01
	Female Students	15.00	1.40	60			

Figure No.02. Mean of Gender on Efficacy expectation



Observation of the Table 06 and Graph No. 02 indicated that Mean and SD of Male Students was 13.81 ± 2.52 and Female Students was 15.00 ± 1.40 on Efficacy expectation and F value is 15.43 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected Accepted and Alternative hypothesis is Accepted it mean that Female Students high Efficacy expectation than Male Students.

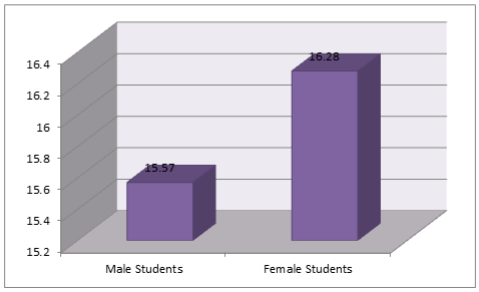
Gender on Positive attitude
Hypothesis - 03

- There is no significant difference Between Male and Female Students with dimension Self-Efficacy on Positive attitude.

Table No. 07. Mean SD and F Value of Gender on Positive attitude.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Positive attitude	Male Students	15.57	1.70	60	118	9.290	0.01
	Female Students	16.28	1.36	60			

Figure No.03. Mean of Gender on Positive attitude



Observation of the Table 07 and Graph No. 03 indicated that Mean and SD of Male Students was 15.57 ± 1.70 and Female Students was 16.28 ± 1.36 on Positive attitude and F value is 9.29 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected Accepted and Alternative hypothesis is Accepted it mean that Female Students high Positive attitude than Male Students.

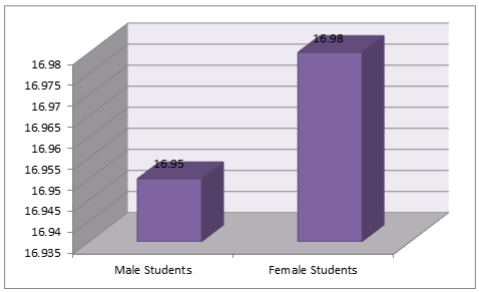
Gender on Outcome expectation
Hypothesis - 04

- There is no significant difference Between Male and Female Students with dimension Self-Efficacy on Outcome expectation.

Table No. 08. Mean SD and F Value of Gender on Outcome expectation

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Outcome expectation	Male Students	16.95	1.64	60	118	0.17	NS
	Female Students	16.98	1.80	60			

Figure No.04. Mean of Gender on Outcome expectation



Observation of the Table 08 and Graph No. 04 indicated that Mean and SD of Male Students was 16.95 ± 1.64 and Female Students was 16.98 ± 1.80 on Outcome expectation and F value is 0.17 which found no significant at 0.01 level and 0.05 level at were null hypothesis was Accepted and Alternative hypothesis is Rejected it mean that no significant difference Between Male and Female Students on Outcome expectation.

Gender on Self-Efficacy

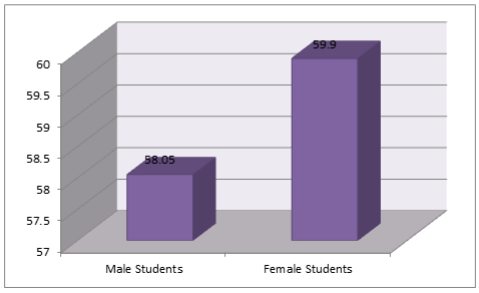
Hypothesis - 05

- There is no significant difference Between Male and Female Students with dimension on Self-Efficacy.

Table No. 09. Mean SD and F Value of Gender on Self-Efficacy.

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Self-Efficacy	Male Students	58.05	4.17	60	118	13.33	0.01
	Female Students	59.90	2.56	60			

Figure No.05. Mean of Gender on Self-Efficacy



Observation of the Table 09 and Graph No. 05 indicated that Mean and SD of Male Students was 58.05 ± 4.17 and Female Students was 59.90 ± 2.36 on Self-Efficacy and F value is 13.33 which found significant at 0.01 level and 0.05 level at were null hypothesis was Rejected Accepted and Alternative hypothesis is Accepted it mean that Female Students high Self-Efficacy than Male Students.

7. CONCLUSIONS

1) No significant difference Between Male and Female Students on Self Confidence.

2) Female Students high Efficacy expectation than Male Students.

3) Female Students high Positive attitude than Male Students.

4) No significant difference Between Male and Female Students on Outcome expectation.

5) Female Students high Self-Efficacy than Male Students.

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