

SELF EFFICACY AND LIFE SATISFACTION AMONG YOUNG ADULTS

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Abstract

Self-efficacy and life satisfaction are important factors for young adults. Self-efficacy is a person's belief in their capacity and capability to exercise some measures of control over their functioning and over environmental events. Self-efficacy is important for young adults because it helps them achieve their goals. Life satisfaction is the way a person perceives how his or her life has been and how they feel about how it is going in the future, and it is a measure of well-being. The objective of the study is to find out if self-efficacy increases life satisfaction in young adults. The sample consisted of 240 students belonging to the age range of 18 to 24 years from rural and urban areas. The tools used to assess self-efficacy and life satisfaction were the Self-Efficacy Scale (Ralf Schwarzer, Matthias Jerusalem, 1993) and the Life Satisfaction Scale, respectively. The results were analyzed using a two-way analysis of variance. The results showed that there is no significant gender difference in self-efficacy or life satisfaction. There is a significant difference between urban and rural young adults in their level of life satisfaction. Mean scores indicated that rural young adults showed a significantly higher level of life satisfaction compared to urban young adults. A significant difference in the level of self-efficacy was not found between urban and rural young adults.

Key words: life satisfaction, self-efficacy, young adults.

1. Introduction:

Self-efficacy is the ability and potential of a person to persist and succeed with a task. It affects every area of human endeavour. Young adulthood is the crucial stage where youngsters face challenges related to their profession and personal lives. This group of the population is more important for the study of their life satisfaction in terms of self-efficacy as compared to other age groups of individuals (Khan, 2015). According to Bandura, self-efficacy is people's belief in their capacity to exercise some measures of control over their own functioning and over environmental events. People who believe that they can do something that has the potential to alter environmental events are more likely to act and to live successfully than those with low self-efficacy. Young adulthood involves adjustments such as marriage, parenthood, and career advancement. Some studies show that adult women who feel high self-efficacy about parenting skills are likely to promote self-efficacy in their children. (Schultz & Schultz, 2001).

Self-efficacy is not the expectation of our actions outcomes. Efficacy is people's confidence that they have the ability to perform certain behaviours, while outcome expectancy refers to their ability to predict the likely consequences of that behaviour. A low outcome expectancy exists if she believes she has little chance of being... 100 offered opposition. In addition, other personal factors such as age, gender, height, weight, or physical health may negatively affect the outcome (Schultz & Schultz, 2001). The sources of information about self-efficacy are performance attainment, vicarious experience, verbal persuasion, and physical and emotional arousal (Schultz & Schultz, 2001). Tasks that involve high self-efficacy are preferred more

than those that involve low self-efficacy by individuals. One's ability is overestimated in completing a task if self-efficacy is significantly beyond the actual ability. On the other hand, it discourages the growth and skill development of the individual if self-efficacy is significantly lower than actual ability. Research shows that the optimum level of self-efficacy is slightly above ability; in this situation, people are most encouraged to tackle challenging tasks and gain experience (Csikszentmihalyi, 1997). Every area of human endeavour is affected by 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 behaviours affecting health (Luszczynska and Schwarzer, 2005). Researchers examined the predictive power of self-efficacy beliefs, 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; Kirkcaldy et al., 2004). While academic success is related to a more satisfying academic and professional career (Bandura, 1997; Pajares, 2006),

Efficacy and satisfaction are interrelated. An individual's efficiency in performing a task leads to a 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). Life satisfaction is the way a person evaluates his or her life and how he or she feels about where it is going in the future. It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favourable attitude toward one's life as a whole rather than an assessment of current feelings (Cheng and Furnham, 2002). Life satisfaction is also indicated by a person's general happiness, freedom from tension, interest in life, etc. According to Chadha et al. (1993), the quality of life, which is usually measured as satisfaction, indicates general well-being. Lio et al. (1990) analyzed nine life satisfaction variables involving satisfaction with relations, hobbies, place of residence, satisfying life (happy or dull), health condition, physical fitness and health, and overall satisfaction with one's life situation. It has been found that young adults living conditions and their efficiency in managing life circumstances also lead to life satisfaction. If an individual takes pleasure in everyday activities, be it the job, relationship with family, life partner, friends hobbies, interests, career, etc., it leads to a meaningful life, which in turn leads to life satisfaction. Schwarzer (1994) considered that people who have a positive self-image, a happy and optimistic outlook, and feelings of success tend to achieve life satisfaction.

Life satisfaction can reflect experiences and emotions that have influenced a person in a positive way. These experiences have the ability to motivate people to pursue and reach their goals. Hope and optimism are two emotions that may influence how people perceive their lives. Hope and optimism both consist of a cognitive process that is usually oriented towards the reaching of goals and the perception of those goals. Additionally, optimism is linked to higher life satisfaction. 100, whereas pessimism is related to symptoms of depression. According to Seligman (2002), the happier people are, the more they tend to focus on the positive. Overall happiness in the life of an individual, then correlates to a higher level of satisfaction with their life (Roeser et al., 1999 and Rubin et al., 2006). Across sectional study done by Cakar (2012) determined that the self-efficacy of young adults significantly predicted their life satisfaction, also self-efficacy and life satisfaction did not significantly differ among the groups in accordance with the perceived level of income. A study was conducted by Salvador, Carmen,

Mayoral and Luisa (2011), Revealed that there are noticeable difference between men and women, in particular men need to feel satisfy with their life to achieve success in under taking, something that does not seen relevant in the case of women.

From the above background, the present study was carried out to find out the level of self-efficacy and life satisfaction of young adults. Other variables, like locality and gender, are also considered to understand the presence of differences if they exist.

2. Method Hypothesis 1. There is no significant difference between rural and urban young adults in self-efficacy and life satisfaction. There is no significant gender difference in the level of self-efficacy or life satisfaction. There is no significant relationship between self-efficacy and life satisfaction.

2.1 Independent variables: locality (urban and rural young adults) and gender (males and females)

Dependent variables: self-efficacy and life satisfaction

Research design: The design used is a 2*2 factorial design.

2.2 Sampling: The purposive sampling method was adopted. The sample for the study consisted of 120 young adults, of whom 60 were from rural areas and 60 from urban areas. Both rural and urban samples consisted of 30 males and females each.

For the present study, the data was collected from the UG students who were residents of Tiptur town in Karnataka, representing the urban sample, and residents of nearby villages, representing the rural sample. The study includes young adults aged 18 to 24.

2.3 Tools: Self-efficacy scale (Ralf Schwarzer, Matthias Jerusalem, 1993): The self-efficacy scale consists of 10 items rated on a four-point rating scale with the response categories: (1) not at all true, (2) hardly true, (3) moderately true, and (4) exactly true. For scoring, all ten items are added to yield the final composite score, which ranges from 10 to 40. The reliability coefficient of the scale was found to range between 0.76 and 0.90.

2.4 Life satisfaction scale. (Diener, Emmons, Larsen and Griffin, 1985): Life satisfaction scale consists of 35 items with the five point rating scale: always, often, sometimes, seldom (rarely), an Never. Higher the score on the life satisfaction scale, the higher will be the level of life satisfaction. The maximum score is 175 and minimum score is 35.

2.5 Procedure: The participants were seated comfortably, and rapport was established. The purpose of the study was explained to them, and their consent was sought to participate in the study. After collecting the sociodemographic data, the self-efficacy scale was distributed with clear instructions. After that, a life satisfaction scale was distributed with clear instructions. After the completion of the scale, participants were thanked for their participation and cooperation.

3. Result and Discussion

Narasimha Raju he hypothesis of the study was tested using a two-way ANOVA and the Pearson coefficient of correlation.

Table 1: Summary of two-way ANOVA for Self-efficacy among young adults from rural and urban area.

Sources of variance	Sum of Square	Df	Mean Square	F-Value	Sig
Between Locality(A)	9.633	1	9.633	.398	.529
Between Gender(B)	67.500	1	67.500	2.791	.097
AB	34.133	1	34.133	1.411	.237
Error	2805.400	116	24.184		

Table 2: Mean and Standard Deviation on self-efficacy among young adults.

Group	Gender	Mean	Standard Deviation
Urban	Boys	31.73	5.819
	Girls	29.17	4.161
	Total	30.45	5.180
Rural	Boys	30.10	4.751
	Girls	29.67	4.795
	Total	29.88	4.737
Total	Boys	30.92	5.331
	Girls	29.42	4.458
	Total	30.17	4.951

The hypothesis stating that the rural and urban young adults do not differ in their level of self-efficacy and there is no gender difference in the level of self-efficacy was tested using two way ANOVA. Table 1 indicates that the F value for locality (0.529) is not significant. This shows that... The rural and urban young adults do not differ in their level of self-efficacy, thus approving the assumed null hypothesis. The F value of the gender (0.097) is not significant, which shows that there is no significant gender difference in the level of self-efficacy. The F value for interaction is also not significant.

Table 3: Summary of two-way ANOVA for life satisfaction among young adults from rural and urban areas.

Source of Variance	Sum of Squares	Df	Mean Square	F-Value	Sig
Between Locality(A)	2585.408	1	2585.408	6.797	.010
Between Gender(B)	343.408	1	343.408	.903	.344

AB	81.675	1	81.675	.215	.644
Error	44123.100	116	380.372		

Table 4: Mean and SD of young adults on life satisfaction scale.

Group	Gender	Mean	Standard Deviation
Urban	Boys	124.73	25.779
	Girls	129.77	11.301
	Total	127.25	19.896
Rural	Boys	135.67	22.316
	Girls	137.40	15.206
	Total	136.53	18.953
Total	Boys	130.20	24.532
	Girls	133.58	13.829
	Total	131.89	19.902

The hypothesis stating that the rural and urban young adults do not differ in their level of life satisfaction and there is no gender difference in the level of life satisfaction was tested using two-way ANOVA. The F value (0.010) for locality is significant. This shows that there is a significant difference in life satisfaction among rural and urban young adults. The mean score indicates that rural young adults have high life satisfaction compared to urban young adults. Thus, the null hypothesis is rejected and the alternative hypothesis is accepted, which states that there is a significant difference in the level of life satisfaction among the young adults from rural and urban areas. F for gender and interaction is not significant, indicating that there is no significant... 100 differences in life satisfaction among boys and girls Hence, the hypothesis stating that there is a significant gender difference in the level of life satisfaction was rejected.

Table 5: The coefficient of correlation between self-efficacy and life satisfaction.

	Self-efficacy	Life satisfaction
Self-efficacy	1	0.094
Life satisfaction	0.094	1

Self-efficacy Life satisfaction Self-efficacy 1 0.094 Life satisfaction 0.094 1 the hypothesis that there is a significant relationship between life satisfaction and self-efficacy was tested using the Pearson coefficient of correlation. The Pearson coefficient of correlation is 0.094, which is not significant, which indicates that there is no significant relationship between life satisfaction and self-efficacy. Thus, it supports the assumed hypothesis, which states that there is no significant relationship between self-efficacy and life satisfaction. Research done by Khan (2015) shows that self-efficacy and life satisfaction are significantly correlated with each other, which is contradictory to the results of this present study.

4. Conclusion

There is no significant difference in self-efficacy and life satisfaction among the young males and females of rural or urban areas. But there is a significant difference in life satisfaction between rural and urban young adults. Gender, as such, does not have any effect on the self-efficacy and life satisfaction of the young adults, whereas the locality of the participants seems to influence their life satisfaction. One of the limitations of the study is that the socioeconomic status of the participants is not considered. As participants residence was considered to categorize them as rural and urban, even rural adults may have the influence of urban life style because of exposure and contact, which was not considered in the study. Further research can be carried out to know in depth about the factors that contribute to life satisfaction and self-efficacy, especially among young adults.

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