

# Self Efficacy of Youth to Combat With Life Stressors; A Compared Study Between Andhra Pradesh and Kerala



## Social Science

KEYWORDS :

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### ABSTRACT

*Human functioning is facilitated by a personal sense of control. If people believe that they can take action to solve a problem instrumentally, they become more inclined to do so and feel more committed to this decision. A person who believes in being able to cause an event can conduct a more active and self-determined life course. It reflects the belief of being able to control challenging environmental demands by means of taking adaptive action. It can be regarded as a self-confident view of one's capability to deal with certain life stressors. Self-efficacy reflects on the confidence level of individuals when one forced to combat with the unpredictable problems at personal level or at society level. In the present study an attempt was made to measure or estimate the level of self-efficacy among youth through assessing their level of confidence on a given set of components. The different components of self-efficacy considered to assess the self-confidentiality of youth are a) To convince others on what you believe b) To express concerns/opinion to parents/peers c) Firmly withstand if others do harm d) Firmly rely on self-employment if job is not available e) Confident for well settlement in life f) To participate in group discussions in solving local problems g) To involve in resolving fight between two rival caste/religious groups h) To involve actively in control of spreading of infectious disease i) Actively participate in youth awareness programmes on STD(HIV/AIDS) j) Firmly believe that attainment of extra skills will improve confidence k) Firmly believe that morality and honesty result in high dividends l) Firm on changing attitudes according to change in situation.*

### INTRODUCTION

Self-efficacy is the extent or strength of one's belief in one's own ability to complete tasks and reach goals. In low-confidence situations one often has to focus more energy on motivating oneself. Everyone has low self-efficacy in certain situations. The important factor is an ability to identify these situations and then to work at increasing one's motivation so he/she will work harder to succeed.

There is an old saying that, "Success breeds success." The more you succeed at something, the more confident you will feel that you can succeed at it again in the future. The more confident 'one' feels, the more 'one' motivated, the more one will be successful.

In terms of feeling, a low sense of self-efficacy is associated with depression, anxiety, and helplessness. Such individuals also have low self-esteem and harbour pessimistic thoughts about their accomplishments and personal development. In terms of thinking, a strong sense of competence facilitates cognitive processes and performance in a variety of settings, including quality of decision-making.

In the present study an effort has been made to measure the level of self efficacy among youth based on their confidence level on select life variants. The response of the youth both in AP and Kerala, on this is presented in the table below. Further, an index was also developed based on individual scores attained on the response to above variants, to rank the youth based on their confidentiality level.

### METHODOLOGY

The general objectives of the present study were to the study level of R.H. status among youth/ adolescents and their concerns over HIV/AIDS. Focus was made to understand the confidence level of youth to combat with day to day problems on a compar-

ative basis between A.P and Kerala.

### STUDY AREA AND DATA COLLECTION

The study was planned on a comparative basis between Andhra Pradesh and Kerala states. From Andhra Pradesh, Tirupati and Vijayawada urban localities were selected as study area and from Kerala state, Trivandrum and Trissur urban localities were considered as study area. From each city the youth below 25 years of age were selected from different colleges in different localities for the study. The samples from different colleges were drawn based on availability and interest of youth to participate interview. From each city 150 male youth were selected for the study, and thus the total sample for the study was 300 from Andhra Pradesh and 300 from Kerala.

The descriptive research design of survey type was adopted for the study. A pre-tested interview schedule was prepared to interview the selected sample. For collection of data 6 male investigators and 4 female investigators from each urban locality and thus a total of 24 male investigators and 16 female investigators were selected after providing training on techniques of data collection. Initially a pilot study was carried out in all localities to test the questionnaire and clarify the doubts of investigators.

### DATA ANALYSIS:

The collected data was analysed using computer by adopting SPSS package. Different types of univariate, and bivariate analysis, cross tabulations and indexes were developed to present findings scientifically. The youth in the age group of 15 to 25 are the sample units both Andhra Pradesh and Kerala for the present study.

### RESULTS AND DISCUSSION

The confidentiality level of youth on different related components of self-efficacy is presented in table below.

**Table .8.1: Self efficacy**

Sl. No	Components of Self-efficacy	N/%	Andhra Pradesh				Kerala			
			Fully confident	To some extent confident	Not confident	Total	Fully confident	To some extent confident	Not confident	Total
1	To convince others on what you believe	N	102	128	70	300	112	115	73	300
		%	34	43	23	100	37	38.4	24.6	100
2	To express concerns/opinion to parents/peers	N	141	92	67	300	137	101	62	300
		%	47	31	22	100	46	34	20	100

3	Firmly withstand if others do harm	N	161	42	97	300	144	69	87	300
		%	54	14	32	100	48	23	29	100
4	Firmly rely on self-employment if job is not available	N	121	94	85	300	137	104	59	300
		%	40	31.4	28.6	100	45	35	20	100
5	Confident for well settlement in life	N	97	110	93	300	111	87	102	300
		%	32	37	31	100	37	29	34	100
6	To participate in group discussions in solving local problems	N	161	60	79	300	155	71	74	300
		%	54	20	26	100	52	23	25	100
7	To involve in resolving fight between two rival caste/religious groups	N	137	71	92	300	121	85	94	300
		%	46	23	31	100	40	28	32	100
8	To involve actively in control of spreading of infectious disease	N	97	48	155	300	88	64	148	300
		%	32	16	52	100	29	21	49	100
9	Actively participate in youth awareness programmes on STD(HIV/AIDS)	N	179	84	37	300	184	77	39	300
		%	60	28	12	100	61	26	13	100
10	Firmly believe that attainment of extra skills will improve confidence	N	191	64	45	300	201	57	42	300
		%	64	21	15	100	67	19	14	100
11	Firmly believe that morality and honesty result in high dividends	N	133	61	106	300	144	37	119	300
		%	44.3	20.7	35	100	48	12	40	100
12	Firm on changing attitudes according to change in situation	N	148	79	73	300	154	84	57	300
		%	49	26	24	100	53	28	19	100

1. 'Convincing others on one's belief' indicate one's level of talent and psychological strengths and self-confidence. In this regard the youth in Kerala are slightly more hopeful as 37% of them are fully confident while it was 34% in Andhra Pradesh. However the proportion of youth with 'to some extent confident' is more in Andhra Pradesh (48%) as compared to Kerala.
2. 'Expression of concern/opinion to parents' is the difficult task that generally youth face in day to day life. In this regard nearly half of the youth in both the states are 'fully confident' (48% in Andhra Pradesh and 46% in Kerala). However around 20% in both the states are not confident in this regard.
3. 'Firmly withstanding and riposte to others when they do harm' show the courage and internal psychological soundness of an individual. In this regard the youth in Andhra Pradesh found to be slightly stronger as 54% of them are 'fully confident' as against 48% of those in Kerala.
4. Firmly relying on 'self employment' when one is not able to get job in offices, is another indicators of self efficacy. In this regard youth in Kerala are slightly more hopeful as 45% of them are 'fully confident' while the corresponding figure in Andhra Pradesh is 40%. Nearly 30% in Andhra Pradesh and 20% of youth in Kerala are not 'confident' on this, which indicate the need to provide more information on self employment projects and moulding youth to opt for them instead of going to depression out of not getting job.
5. 'Confidence level on well settlement in life' is an indicator of self efficacy. Youth with more self confidence on settlement will dare enough to opt for self employment or other fields the settle in life. In this regard nearly one third of youth expressed 'no confidence' in both the states. However, youth in Andhra Pradesh are slightly better as 32% are fully confident as against 29% in Kerala.
6. 'Participation in group meetings' to solve local problems indicates the readiness and interest of youth, and also their level of ability to express self-ideas. More than half of the youth in both states are fully confident in this regard (54% in Andhra Pradesh and 52% in Kerala). However 26% in Andhra Pradesh and 23% of youth in Kerala expressed 'no confidence' on this regard, which show their shyness and lack of self-confidence.
7. Resolving fight between two rival caste/religious groups is a difficult task as it involves lot of patience and convincing ability among those who involve in this. More youth in

- Andhra Pradesh were fully confident in this regard (46%) compared to 40% in Kerala. Nearly one third of youth in both the states expressed 'no confidence' in this regard.
8. 'Active involvement' in control of infectious diseases is an indicator of showing one's social responsibility and self-efficacy. Only one third of youth in both the states are 'fully confident' on this (32% in Andhra Pradesh and 29% in Kerala) which show the fear and anxiety among youth to involve in control of infectious diseases.
  9. Regarding participation in 'youth awareness programmes on HIV/AIDS', majority of youth in both states have expressed 'full confidence' (60% in Andhra Pradesh and 61% in Kerala).
  10. Majority of youth in both the states (64% in Andhra Pradesh and 67% in Kerala) were 'fully confident' in the belief that attainment of 'extra skills' will improve their confidence level.
  11. Firm belief that 'mortality and honesty' result in high dividends' indicate the social responsibility and, affinity to ethics. Nearly half of the respondents in both the states were 'fully confident' on this regard (44% in Andhra Pradesh and 48% in Kerala). As bulk of youth (35% in Andhra Pradesh and 40% in Kerala) in both the states are 'not confident' on this, more efforts are to be planned to increase the morality among them.
  12. 'Changing attitudes according to the change in situations' is a part in the process of modernization. Firm belief in old values and attitudes which are contradictory. sometimes lead to isolation from society. The psychological strength to change values and attitudes according to changing situations is necessary to succeed in life. Around half of the youth in both the states are 'fully confident' in this regard (49% in Andhra Pradesh and 53% in Kerala) which show the readiness to accept new things which is a positive change. Here 'youth are to be careful and chose the actions which do not harm the self image and morality of others.

Thus, differential expression of confidentiality level on different indicators of self-efficacy is noticed in both the states. In certain aspects youth expressed full confidence and in certain other aspects they are not confident. In order to rank the youth according their confidentiality level on indicators of self-efficacy an index was developed based on the above components.

**Index on confidence level on components of self efficacy:****Table No. 8.2: Index on confidence level on components of self efficacy**

	Andhra Pradesh				Kerala			
Confidence Level	Medium	High	Total	Low	Medium	High	Total	
N	138	78	84	300	141	82	77	300
%	46.00	26.00	28.00	100	47.00	27.33	25.67	100

There exist a slight difference in self-efficacy among youth in Andhra Pradesh & Kerala states. A slightly more proportion of youth in Andhra Pradesh (28%) reported as highly confident in components related to self-efficacy as against 25% in Kerala. Not much difference is noticed regard to medium level of confidence or low level of confidence between the two states.