

The Effect of Six Months Psychological Skill Training Program on Self Efficacy

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Abstract – Psychological skill Training (PST) Program was designed to test Self efficacy of Children, in which 40 children from Jawahar Navodaya Vidyalaya, age ranged 12-14 years were randomly selected for the study. PST program was administered for 6 months, 4 sessions a months, 1 sessions a week of 30-40 min for each child and total of 24 sessions. Pre data and Post training data was collected by using Self-Efficacy Scale (Schwarzer & Jerusalem, 1995) and statistically analyzed by employing paired t-test at the significance level of 0.05. The obtained result indicated that students have improved their self efficacy after undergoing the structured PST program.

Keyword: Psychological Skill Training (PST), Self Efficacy.

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INTRODUCTION

According to Bandura (1997) self-efficacy is the “beliefs in one’s capabilities to organise and execute the courses of action required producing given attainments”. Bandura (1997) supported that self-efficacy plays a key role in the development of human achievements and motivations. Bandura’s work strongly supports the notion that human’s behaviours, their motivations as well as the outcome of their actions (success or failure) are the product of their self-efficacy.

Psychological skills are internal capabilities that help people to control their mind efficiently and consistently while achieving goals. Hardy and Nelson (1996) stated that imagery, mental preparedness, self-confidence, anxiety, relaxation and concentration are important in life. So keeping in mind the important role of Psychological Skill Training program to develop Self Efficacy. The obtained result indicated that students have improved their self efficacy after undergoing the structured Psychological skill Training (PST) Program.

OBJECTIVE

The objective of the study was to find out the effect of a six months psychological skill training (PST) program on Self efficacy.

METHODOLOGY

Participants

A total of 40 (forty) students from Jawahar Navodaya Vidyalaya, age ranged 12-14 years at 7th standard were randomly selected for the study and voluntary permission was taken from the subjects.

Criterion measure

Questionnaire

A validated questionnaire- Self-Efficacy Scale (GSES; Schwarzer & Jerusalem, 1995).

Preparation of training program

A PST program for 6 months, 4 sessions a months, 1 sessions a week of 30-40 min for each child and total of 24 sessions was developed to develop the selected variables i.e. anxiety, Concentration, imagery, goal setting, motivation and relaxation of the participants. A variety of exercises under each factor were selected to ensure the progression of training throughout the training program of 6 months. The selected training items were planned and administer to have an impact on the self efficacy of the children. To finalization the Psychological Skill Training Program various expert advices was taken.

Administration of the Psychological skill Training Program

Psychological Skill Training Program: Psychological skill training program on various factors was administered for 6 months, 4 sessions a month, 1 session a week of 30-40 min each and total of 24 sessions for each child.

Self-Efficacy Questionnaire was filled at two stages Pre data before starting the psychological skill training program then again for post data after finishing the training program.

Statistical analysis

In this study paired t-test was used to compare the effect of six months Psychological Skill Training program on self efficacy of school children. The level of significance was set at 0.05.

RESULTS

This presents the findings on the effect of Psychological Skill Training Program on Self Efficacy, on the basis of pre and post test conducted. Findings are presented in table no 1

Table 1: Descriptive statistics of paired self-efficacy

Performance	Mean	N	Std. Deviation	Std. Error Mean
Pre	18.63	40	2.23	.36
Post	21.21	40	1.58	.25

Table explains the descriptive analysis of the Self Efficacy score of pre and post training program. It represents pre test mean is 18.63 (SD 2.23) whereas the post mean shows 21.21(SD 1.58) respectively.

The paired t-test analysis was computed to check whether there was any statistical significant difference between pre and post Self Efficacy scores. Result is shown below in table 2.

Table No 2: Analysis of paired t-test of Self Efficacy within pre and post scores

Performance	Paired Differences					t	Df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pre- Post	-2.58	1.06	.17	-2.92	-2.24	-15.38	39	.001*

*P < 0.01

Table 2 shows that the obtained paired value of Self Efficacy scores in pre and post training. As the calculated t value (-15.38) was noted to be higher than the tabulated P value (.001) the pre test and

post test shows statistically significant differences at 0.05 level of significance.

DISCUSSION AND CONCLUSION

The present study concludes that there was a significance difference found due to six months Psychological Skill Training (PST) program on Self Efficacy. The obtained result indicated that when students go through specific psychological skill training program to get better results in Self Efficacy. Since SPSS provides significance value of two-tailed testing no more conclusions can be drawn about Psychological Skill Training of Self Efficacy. However to conclude the Psychological Skill Training Program was effective or not, One-tail test should be used. Where null hypothesis may be rejected and it can be concluded that Psychological skill Training program was Effective on Self Efficacy.

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