

## The Effects of Self-Efficacy on Life Satisfaction

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**Abstract :** This present study aims to find the relationship between self-efficacy and life satisfaction and the effects of self-efficacy on life satisfaction among Chinese people whose age is from 27-32, born between 1990 and 1995. People who were born between 1990 and 1995 are worthy to receive more attention now because the 90s was always received a lot of focus and labeled negatively as soon as they were born. And a large number of researches study people in individualism society more. So we chose the specific population whose age is from 27 to 32 live in a collectivist society. Demographic information was collected, including age, gender, education level, marital status, income level, number of children. We used the general self-efficacy scale(GSC) and the satisfaction with Life Scale(SLS) to collect data. A total of 350 questionnaires were distributed in and collected from mainland China, then 261 valid questionnaires were returned in the end, making a response rate of 74.57 percent. Some statistics techniques were used, like regression, correlation, ANOVA, T-test and general linear model, to measure variables. The findings were that self-efficacy positively related to life satisfaction. And self-efficacy influences life satisfaction significantly. At the same time, the relationship between demographic information and life satisfaction was analyzed.

**Keywords :** marital status, life satisfaction, number of children, self-efficacy, income level

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