

Self-Efficacy as a Predictor of Well-Being in University Students

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Abstract : The purpose of this study is to determine the relationship between self-efficacy and subjective well-being among university students. We are aiming to determine whether self efficacy of university students predicts their subjective well-being and if there is a statistically significant difference among boys and girls in this context. Sample of this study consists of 245 university students from Çanakkale, ages ranging between 17 and 24. 72% (n=171) of the participants were girls and 28% (n=69) boys. Three different scales were utilized as data collection tools that Life Satisfaction Scale, General Self-Efficacy Scale, and Positive Negative Experiences Scale. Pearson correlation coefficient, independent sample t test and simple linear regression were used for data analyses. Results showed that well-being is significantly correlated with self-efficacy and self-efficacy is a statistically significant predictor of well-being too. In terms of gender differences, there is no significant difference between self-efficacy scores of boys and girls which shows the same case with well being scores, as well. Fostering university students' academic, social and emotional self-efficacy will increase their well-being which is very important for young adults especially their freshman years.

Keywords : positive psychology, self-efficacy, subjective well being, university students

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