

Measuring the Academic Self-Efficacy of Undergraduates: The Role of Gender and Academic Year Experience

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Abstract : Self-efficacy beliefs provide the foundation for human motivation, well-being, and personal accomplishment. This study measured the levels of academic self-efficacy of undergraduates and also examined whether there any differences in academic self-efficacy with respect to gender and academic year. A structured questionnaire was employed to collect data from undergraduates who enrolled the Bachelor of Commerce degree programme at the University of Sri Jayewardenepura. The outcome of the study revealed that undergraduates lacked the confidence to ask and answer questions, seek help from lecturers, have a study plan and engage in academic discussion and note-taking. However, the findings also demonstrated that undergraduates were not hesitant about seeking help from friends, had confidence on meeting the deadlines and completing the degree within four years. Interestingly, females displayed higher academic self-efficacy than males. Specifically, the data were supported to conclude that there were significant differences in academic self-efficacy with respect to academic years.

Keywords : academic year, bachelor of commerce undergraduates, gender, self-efficacy

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