



# A Study on Psychological -Wellbeing and Self Efficacy among College Students Due to Covid-19: A Quantitative Study

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**ABSTRACT-** The aim of the present study is to examine the level of psychological well-being and self-efficacy among college students due to Covid-19. The investigator presented the collected data with the help of the tables. This also intends to appropriate statistical test over the data to validate the statistical hypothesis which helps in interpreting data, to explain the relationship between undergraduate students. The collecting data are analyzed through SPSS-20 version (statistical software) like descriptive statistics, independent t test and correlation. Psychological wellbeing scores of boys are less (58.00) as compared to the psychological wellbeing scores of girls (86.12). So, girls are high psychological well-being rather than the boys. Self-efficacy score of boys is less (10.25) as compared to the self-efficacy scores of girls (18.27). So, girls are high self-efficacy rather than the boys. Boys show low level of psychological wellbeing and self-efficacy as compared to the girls. Girls are high self-efficacy and psychological well-being as compared to boys. There exists a positive correlation between psychological wellbeing and self-efficacy. The correlation psychological wellbeing and self-efficacy is .443. The obtained correlation of coefficient is significant at the 0.01 level of significance. So, as the level of psychological wellbeing increases the level of self-efficacy also increases among undergraduate students. High level of psychological wellbeing is related with high level of self-efficacy.

**KEY WORDS:** Psychological-well being, Self Efficacy, Covid-19, College Students.

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## I. INTRODUCTION

During any outbreak of an infectious disease, the psychological reactions of the population play a fundamental role in shaping both the spread of the disease and the onset of emotional distress and social disorder during and after the outbreak. Despite this fact, insufficient resources are typically provided to manage or mitigate the effects of pandemics on mental health and well-being. The number of people infected changes daily. The World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) are gathering information and continuously learning more about this outbreak.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and will recover without the need for special treatment. Older people and those with underlying medical problems such as cardiovascular disease, diabetes, chronic respiratory diseases and cancer are more likely to develop serious illnesses.

Lockdowns in India were stringently imposed from March 24, and have been eased gradually since September, but schools remain closed and online classes have replaced classroom teaching. This situation provided children and adolescents with the perfect conditions for solitude and increased internet use. Parents are concerned about the effect of school closure, social distancing, and increased internet use on their children's mental health. Increased opportunity for internet use makes it more difficult for parents to control this access,

and frequent and unsupervised internet use is associated with self-harm and suicidal behavior in adolescents with psychological risk factors. Corona virus disease 2019 (COVID-19) might not be as lethal in children and adolescents as it is in adults, but it does cause a lot of psychological distress in this age group. Adolescents are experiencing acute and chronic stress because of parental anxiety, disruption of daily routines, increased family violence, and home confinement with little or no access to peers, teachers, or physical activity.

To help identify adolescents at risk of mental disorders, frontline health workers in COVID-19 community screening teams could be encouraged to detect recent changes in behavior, substance use, and excessive isolation among children and adolescents. Teachers and parents can be trained to identify signs and symptoms that suggest poor mental health, such as sleep disturbances, excessive anger, and difficulty concentrating. Any mental health needs can then be addressed by mental health professionals, using tele mental health interventions that target adolescents, which have shown promising results. Also, task sharing and task shifting strategies could be used to develop networks of clinical care across existing health systems to provide mental health care for adolescents.

### **Psychological Well-Being**

Psychological Well-Being refers to inter- and intra-individual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. Subjective well-being reflects dimensions of affect judgments of life satisfaction. The concept of well-being has received considerable interest in recent years, both in the scientific and lay literature. As such, well-being is frequently cited as a national priority for government policy around the world. However, depending upon one's professional and personal perspective, the notion of well-being can have quite different connotations. For instance, economists may interpret well-being in terms of economic capacity and prosperity, the growth in both individual and national economic wealth. Population health researchers may focus on issues.

### **Self-Efficacy**

Self-efficacy affects every area of human endeavour. By determining the beliefs a person holds regarding their power to affect situations, Self-Efficacy strongly influences both the power a person actually has to face challenges competently and the choices a person is most likely to make. These effects are particularly apparent, and compelling, with regard to investment behaviors such as in health and education. A strong sense of self efficacy promotes human accomplishment and personal well-being. A person with high self-efficacy views challenges as things that are supposed to be mastered rather than threats to avoid. These people are able to recover from failure faster and are more likely to attribute failure to a lack of effort. They approach threatening situations with the belief that they can control them. These things have been linked to lower levels of stress and a lower vulnerability to depression. In contrast, people with a low sense of self-efficacy view difficult tasks as personal threats and shy away from them. Difficult tasks lead them to look at the skills they lack rather than the ones they have. It is easy for them to lose faith in their own abilities after a failure. Low self-efficacy can be linked to higher levels of stress and depression.

### **Objective of the Study**

To study the level of psychological wellbeing and self-efficacy among U.N College Students due to Covid-19.

## **II. RATIONAL**

Covid -19 has led to global dramatic shifts in daily life. The goal of the current study was to predict changes of Udaynath autonomous college students on psychological well-being (PWB) and self efficacy (SE) during the initial lockdown phase of the pandemic and to investigate the level of difference between boys and girls .To help them to overcome the problems of Covid -19 and adopt coping strategies so they can manage their problems.

## **III. METHODOLOGY**

In this study, the examiner studies the relationship between psychological-well-being and self-efficacy among college students, gender differences among boys and girls, students of UN (Auto) College of Science and Technology. This will enable the researchers to collect relevant data through google form, work effectively and have a deeper understanding about psychological well-being and self-efficacy among college students. The sample consisted of 120under graduate students of different departments within the age of 19-21 years from Udayanath Autonomous College of Science and Technology, Cuttack, Odisha. The education system and standard of education of all streams were almost same. Out of 120 under graduate students, 60 were boys and 60 were girls. The Ryff's psychological well-being scale and general self-efficacy scale test are used for data collection from the sample. Each participant was administered to both the questionnaire individually. It took 20

days to complete the data collection. Strict confidentiality was ensured. The study was conducted in compliance with 'Ethical' principles or moral manner

#### IV.RESULTS

The obtained data will be analyzed statistically using MS-EXCEL and SPSS 20 version using descriptive statistics, independent sample t test is used to study the gender differences among psychological wellbeing and self-efficacy.

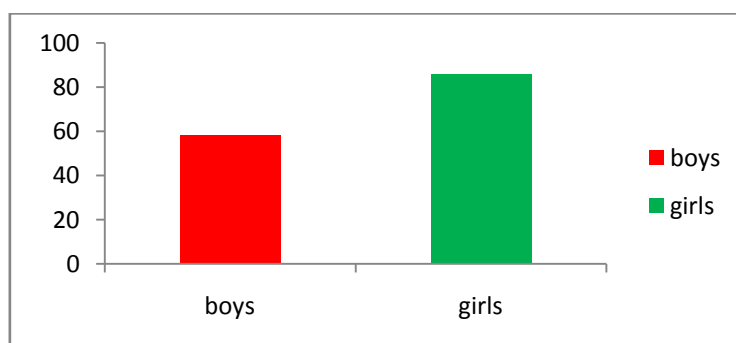
**Table No-1**  
**Psychological-Well Being**

Variable	Gender	N	Mean	SD	DF	T	Sig.
Psychological –well being	Boys	60	58.00	16.13	118	9.47	0.000
	Girls	60	86.12	16.39			

\* Significant at 0.05 level

Table-1 show that the psychological wellbeing scores of boys is less (58.00) as compared to the psychological wellbeing scores of girls (86.12). So, girls are high psychological well-being rather than the boys.

**Figure No-1**



The bar diagram showing psychological wellbeing among undergraduate students of U.N (Auto) College of Science & Technology. The mentioned figure indicates that girls are high psychological wellbeing as compared to the boys' counterparts.

**Table No-2**  
**Self-Efficacy**

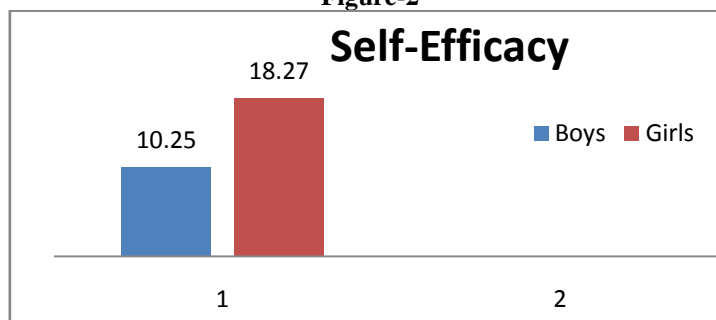
Variable	Gender	N	Mean	SD	DF	T	Sig.
Self-Efficacy	Boys	60	10.25	3.03	118	13.86	0.000
	Girls	60	18.27	3.30			

\* Significant at 0.05 level

Table-2 also revealed that the self-efficacy score of boys is less (10.25) as compared to the self-efficacy scores of girls (18.27). So, girls are high self-efficacy rather than the boys.

Boys show low level of psychological wellbeing and self-efficacy as compared to the girls. Girls are high self-efficacy and psychological well-being as compared to boys.

**Figure-2**



The bar diagram showing self-efficacy among undergraduate students of U.N (Auto) College of Science & Technology. The mentioned figure indicates that girls are high self-efficacy as compared to their boys' counterparts.

**Table-3**  
**Psychological well-being and Self-Efficacy**

\* Significant at 0.01 level

Variable	Psychological wellbeing	Self-efficacy
Psychological wellbeing	.000	.443**
Self-efficacy	.443**	.000

Table-3 revealed that there exists a positive correlation between psychological wellbeing and self-efficacy. The correlation psychological wellbeing and self-efficacy is .443. The obtained correlation of coefficient is significant at the 0.01 level of significance. So, as the level of psychological wellbeing increases the level of self-efficacy also increases among undergraduate students. High level of psychological wellbeing is related with high level of self-efficacy.

**Figure No-3**

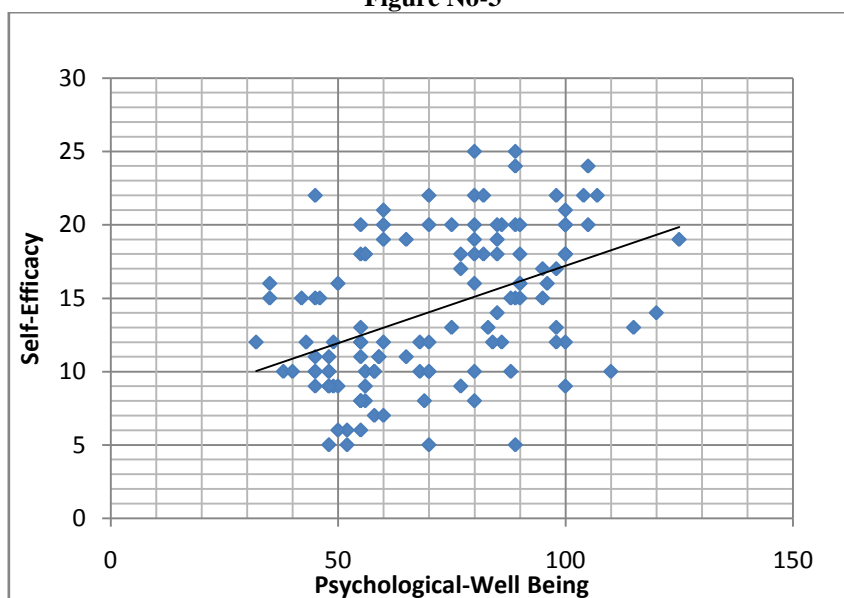


Figure-3 also revealed that the level of psychological wellbeing increases the level of self-efficacy also increases among undergraduate students.

### V. CONCLUSION

Relay the Psychological well-being and self efficacy among the U.N (Auto) College students affected due to Covid-19. Analytically measured girls are high Psychological well-being and self efficacy than the boys. In online survey measures to control the ongoing Covid-19 pandemic such as quarantine and social distancing, together with information overload about the spread of the disease have negative impacted many girls mental Psychological health. Majority of the respondents claimed to have suffered from anxiety, depression and insomnia during the lockdown. On average respondents agreed that family and strengthened during lockdown. Those in the highest quarantine of family bonding, anxious and depressed respectively even after adjusting for covariates. This independent and significant inverse association is more appear in girls than boys self reported that the academic community during the Covid-19 pandemic. Strength and family bonding as a coping mechanism was instrumental in preserving mental well-being specially in girls.

The study aims to determine the role of Psychological well-being and perceived gender equality on employ well-beings. Particularly causes and assess it commitment meditates and social support moderates the relationship between psychological well-being. A personal survey method is considered for the college students for data collection by using standardized measure for co- representative sample from Udayanath Autonomous

College of science and technology. To facilitate well-being organized can coverage the strength of Psychological well-being through training intervention and can promote perceived gender equality.

However, the study also examine the effects of male and female self efficacy concerns on mentorship seeking behavior during the pandemic and it's relationship to self efficacy. Girls' are higher levels of self efficacy concerns about the Covid-19 pandemic more likely to seek mentorship. During this time all these functions of mentorship seeking were positively associated with higher levels of self efficacy.

Results revealed that there exists a positive correlation between psychological wellbeing and self efficacy. The correlation of psychological wellbeing and self efficacy is .443. The obtained correlation coefficient is significant at the 0.01 level of significance. So, as the level of psychological wellbeing increases the level of self efficacy also increases among undergraduate students. High level of psychological wellbeing is related with high level of self efficacy. The results show that the level of self efficacy and psychological wellbeing is high in females as compared to males.

Self efficacy and psychological wellbeing is low in boys because they tend to see difficult tasks as threats they should avoid. Because of this, they also tend to avoid setting goals and have low levels of commitment to the ones they do make. When setbacks happen, they tend to give up quickly. Because they don't have much confidence in their ability to achieve, they are more likely to experience feelings of failure and depression. Stressful situations can also be very hard to deal with and those with low self-efficacy are less resilient and less likely to bounce back. Psychological Well being decreases due to negative thinking, goal oriented, bad life events, careless, upset and unhappy.

On the basis of these finding it can be concluded that self-efficacy and psychological Well-being has its positive and significant impact among undergraduate students and it was also found that self-efficacy enhance the psychological well-being. Consequently, high level of self-efficacy Contributes to high levels of engagements and life satisfaction, if self-efficacy is low psychological well being also low, if self efficacy is high psychological well being also high.

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