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SELF-EFFICACY OF ELDERLY MALE AND FEMALE: A COMPARATIVE STUDY

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Abstract: This study is an attempt to investigate the comparative study between self-efficacy and elderly persons of Ranchi (Jharkhand). 100 elderly persons were chosen purposively from different parts of Ranchi of which 50 were male and 50 female. The general self-efficacy scale was assessed through administration of the Ralf Schwarzer and Matthias Jerusalem, (1995). Result shows that Male respondents were higher in self-efficacy scores as compared to female respondents, which is highly significant at 0.01 level. And Married elderly persons have higher level of self-efficacy than single elderly persons, which is highly significant at 0.05 level.

Index Terms- Self-Efficacy, Gender, Marital status and Elderly persons.

INTRODUCTION

Today, aging has become a global phenomenon, and attention to its problems is a social necessity. In this age, self-efficacy is associated with psychological dimensions like loneliness, depression, death anxiety etc. Considering healthy aging as a right for every human highlights the importance of aging phenomenon, prevention of older people problems, and finally presents a better caring service to this vulnerable group. Also, it made the promotion of self-efficacy level and psychological aspects of older people the purposes of health system authorities of the society. At present, the most pressing issue in developed countries is the increasing economic burden associated with ageing of the society.

Elderly Persons

Elderly person means a person 60 years of age or older who is suffering from the infirmities of aging as manifested by advanced age or organic brain damage, or other physical, mental, or emotional dysfunctioning, to the extent that the ability of the person to provide adequately for the person's own care or protection is impaired.

This is a period in which individuals must deal with evolving family structures owing to the vast percentage of children who quit at any stage in order to their departure for education, and the further reality that many are left at home by their parents as well.

Status of Elderly Persons in India

According to the Population Census (2011), India has about 104 million elderly people (aged 60 and up), with 53 million females and 51 million males. According to a study published by the UN Population Fund and Help Age India, the number of elderly people in India is projected to rise to 173 million by 2026.

In terms of rural and metropolitan regions, rural areas have 71 percent of the elderly population, while urban areas have 29 percent.

According to Population Census (2011), Kerala has the largest percentage of elderly citizens in its population (12.6%), led by Goa (11.2%) and Tamil Nadu (10.4%). Dadra & Nagar Haveli has the lowest proportion (4.0%), led by Arunachal Pradesh (4.6%), Daman & Diu, and Meghalaya (both 4.7 per cent). (India's Aged, 2016).

Concept of Self – Efficacy

The concept of efficacy is an ambiguous term that is commonly combined with concepts of agency, resourcefulness and entrepreneurship. It is currently included in personal resources, which are available to every human being to a higher or lower degree. A sense of self-efficacy allows one to anticipate intentions and actions in various areas of activity—including health behaviors—as it becomes an implication of currently undertaken actions and the intention to engage in health activities Shaabani, J (2017).

According to Bandura, a person's beliefs, abilities, knowledge, and abilities of attitude influence the cognitive skills of the attitude structure. This has a big impact on how we interpret circumstances and on how we react to them. It is part of the self system to have the ability to accomplish one's goals.

Stretton and others (2006), Self-efficacy is increasingly being recognized as an essential component of well-being. Additionally, the authors pointed out several concerns in relation to self-efficacy in older adults with aging, physical functioning, disabilities, and illnesses.

Self - Efficacy tests have shown that those people who feel they can resolve tasks that are daunting tend to perform in risky circumstances to be more optimistic, self-assured, while those who underestimate their own ability to do not think they can meet these more demanding activities with trepidation (Mc Auley, E., Lox, D. L, et.al 1993). As was shown by Wood and Bandura (1989) who discovered that the people who had a greater confidence in their capacity were able to manage tough tasks did so because they had a better sense of personal effectiveness, while the ones who believed in their capability retained more effectively long endured certain circumstances and performed daunting obligations to be harder work because of that conviction Much previous research points to the same conclusions. It is believed that the individuals who are deficient in self-expansive and frustrated will struggle to pursue their goals, and as things get tough, they will drop out of that study, resulting in further studies supporting those beliefs (Bundura1993).

In other words, having a strong self-expressed potential will inspire particular health behaviour and health behaviors, according to studies like the amount of a person's positive or negative opinions about their capacity to play an instrument (Davis and Berman, 1989). Thus, older people believe they're at higher risk for disease; that is, if their progress in improving their health behaviors diminishes, they will believe their own capability to cope with illness may decline (Grembowski et.al 1993).

Gender Difference in Self-Efficacy

A number of researchers have found higher levels of "auto-reliant" men than women, "according to studies. The language of international lending should be expanded, or developed to include descriptive language, metaphors, historical terminology, and literary terms, with flexibility being taken into consideration, to better communicate with borrowers, regulators, other financial institutions, and loan providers, debtor, and trade and trade partner regions to reach consensus on financial, currency issues (Matsui, et al 1994; Elliot & Church, 2003). What's behind these discrepancies in self- between men and women are due to various environmental, socio-cultural, and genetic influences.

RESEARCH METHODOLOGY

Objectives

- To study the socio-demographic characteristics of the elderly persons under study.
- To examine the levels of self-efficacy among elderly persons of Ranchi.
- To examine the impact of gender and marital status on self-efficacy of elderly persons.

Hypotheses

- Socio-demographic characteristics will vary among various elderly persons.
- Levels of self-efficacy will vary among male and female elderly persons.
- There will be significant impact of gender and marital status of the level of self-efficacy among elderly persons.

Population and Sample

100 elderly persons were chosen purposively from different parts of Ranchi of which 50 were male (25 single & 25 married) and 50 female (25 single & 25 married).

Tools used

• Personal Data Questionnaire

A personal data sheet will be prepared by the investigator to know the relevant information and socio-demographic details of the subject such as age, religion, gender, economic condition, physical condition, education, physical difficulties, occupational history, social relations, family relations etc.

• **General Self-Efficacy Scale**

This scale was originally developed by Ralf Schwarzer and Matthias Jerusalem in (1995) and in Hindi by Shonali Sud, (1998). It is a 4-point scale for measuring the subject’s level of self efficacy. It is a self administered scale which normally taken two or three minutes to complete. The scale has 10 items, each item has four choices and each item refers to successful coping and implies an internal-stable attribution of success. Sum up the responses to all 10 items to yield the final composite score with a range from 10 to 40. The reliability coefficient is .76 and validity Coefficient is .90.

Statistical tools

To verify the proposed hypothesis, the obtained data were analyzed in terms of percentage, mean, SD, and t. Analysis the results are recorded in following table.1, 2, 3 and 4.

RESULT AND DISCUSSION

Table No. 1: Socio-demographic characteristics of the study sample (N = 100).

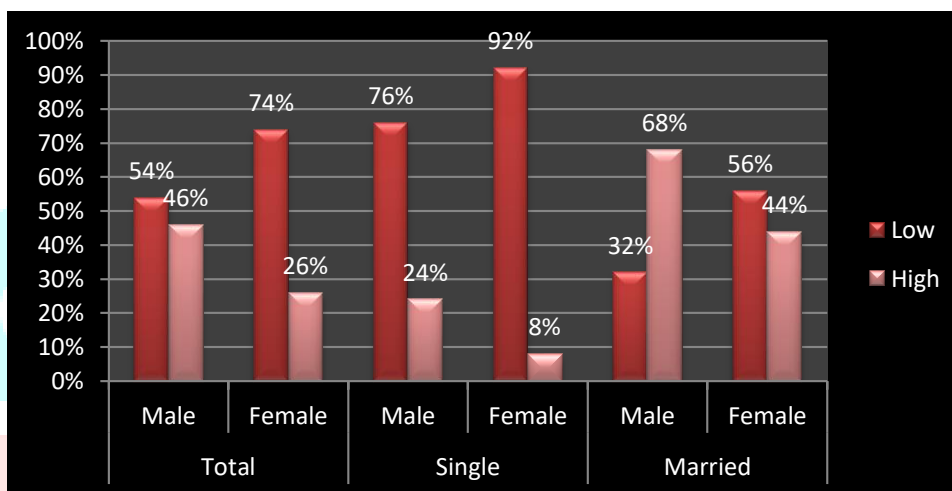
Sl. No.	Characteristics	Male N=50	Female N=50	Total (N=100)
1.	Age			
	60-70	20%	30%	50%
	71-80	35%	15%	50%
2.	Marital status			
	Single	25%	25%	50%
	Married	25%	25%	50%
3.	Religion			
	Hindu	21%	24%	45%
	Muslim	4%	8%	12%
	Christian	10%	18%	28%
	Sikh	5%	10%	15%
4.	Education			
	Upto Graduate	65%	80%	72.5%
	Graduate and above	35%	20%	27.5%
5.	Profession			
	Government job	32%	28%	60%
	Private job	22%	18%	40%
6.	Income			
	250001- 500000	25%	29%	54%
	500000 & above	27%	19%	46%
7.	Type of Family			
	Nuclear Family	31%	32%	63%
	Joint Family	19%	18%	37%

distribution of the sample shows that the number of sample (50%) were in age group of 60 to 70 years & 50% was in age group of 71 to 80 years. 50% were in married group and 50% were in single group was taken.

- 45% belong to Hindu religion, 12 % Muslim, 28% Christian and 15% Sikh.
- 72.5% were found to be with minimum graduate, 27.5% have Post - graduate and professionally qualified.
- Above 60% of the sample were retired from Government jobs and 40% were retired of semi government and private organization.
- Incomes of the participants, 54% of participants were monthly income in between 250001 to 500000, and about 46% were from 500000 and above.
- 63 % of participants are belongs to nuclear family and 37% of participants from joint family.

Table No. 2: Percentage distribution of low, average and high scorer on self-efficacy scale.

Groups		Levels of Self-efficacy				
		N	Low (10-24)		High (25-40)	
			N	%	N	%
Total	Male	50	27	54%	23	46%
	Female	50	37	74%	13	26%
Single	Male	25	19	76%	6	24%
	Female	25	23	92%	2	8%
Married	Male	25	8	32%	17	68%
	Female	25	14	56%	11	44%

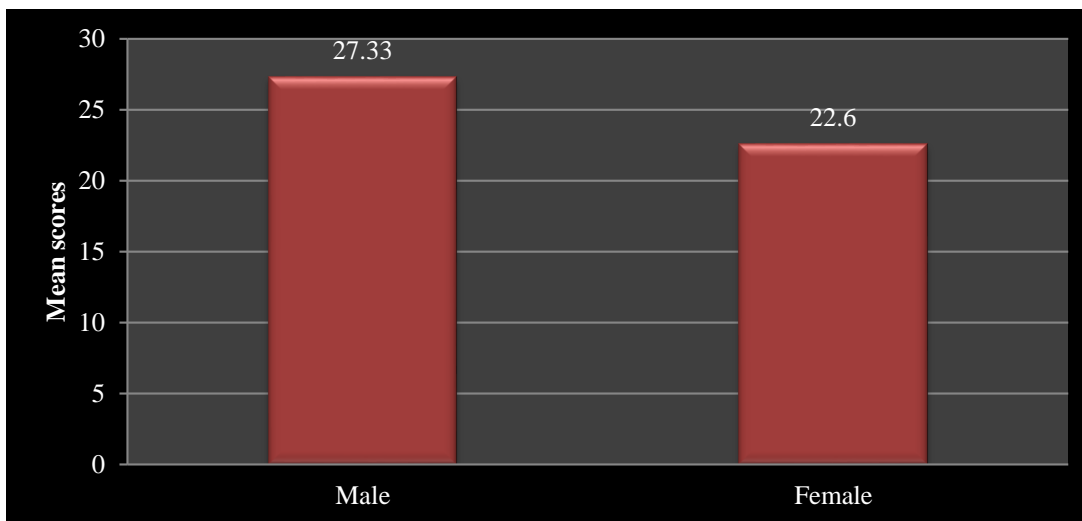


Graph showing the percentage distribution of low and high scorer on self-efficacy scale.

- In total group, percentage of high level of self-efficacy in male respondents 46% was higher than female respondents 26%.
- Single male respondents were higher (24%) in self-efficacy as compared to single female respondents (8%).
- Married male elderly persons reported more percentage (68%) than single retired persons (44%).

Table no. 3: Comparison of level of self-efficacy scores between male and female elderly persons

Group	N	Mean	SD	T-value	Level of significant
Male	50	27.33	5.22	3.33	0.01
Female	50	22.6	5.8		

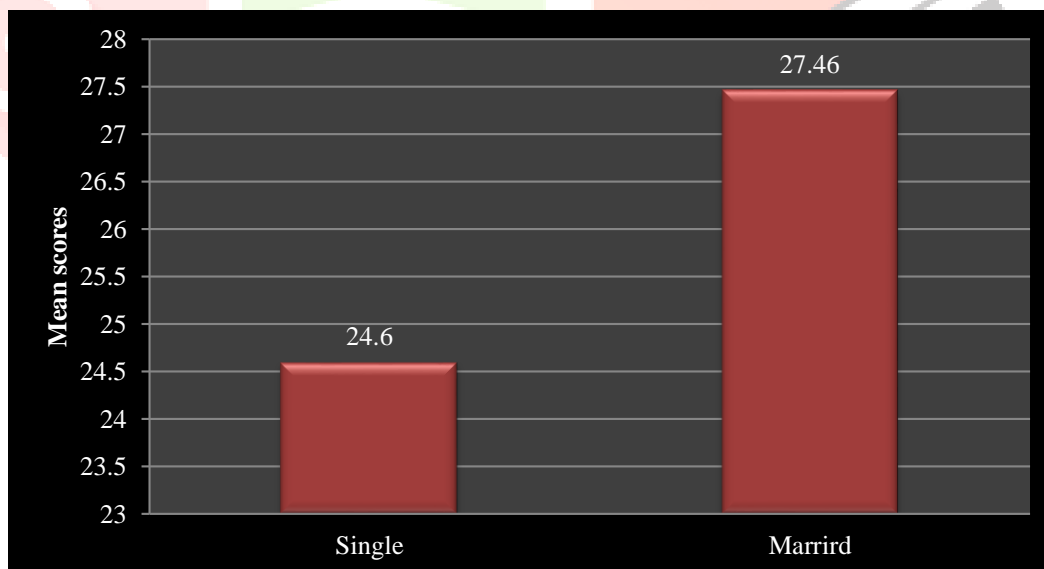


Graph showing the comparison of level of self-efficacy scores between male and female elderly persons

- The total mean score of male is 27.33 and the total mean score of female is 22.6 and the difference between male and female in mean score is 4.73. The obtained t-ratio was 3.33, which is statistically significant at the level of 0.01.

Table no. 4: Mean score of single and married of level of self-efficacy among elderly persons

Group	N	Mean	SD	T-value	Level of significant
Single	50	24.6	5.71	2.01	.05
Married	50	27.46	5.33		



Graph showing the comparison of level of self-efficacy between single and married elderly persons

- The total mean score of single persons is 24.6 and the total mean score of married persons is 27.46 and the difference between single and married mean score is 2.86. The obtained t-ratio was 2.01, which is statistically significant at the level of 0.05.

Conclusions

- 1) Gender scores influence their self-efficacy scores of elderly persons.
- 2) Marital status was also proved to be an important factor of self efficacy.
- 3) Male elderly persons were high self-efficacy as compared to female elderly persons.
- 4) Married male respondents were higher in self-efficacy as compared to married female respondents.
- 5) Single male elderly persons have higher level of self-efficacy than female elderly persons.
- 6) Mean scores indicated that male and female respondents were highly significant.
- 7) Mean scores indicated that single and married elderly persons were significant at 0.05 level.

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