

The relationship between self-efficacy and despair in elementary students: a pilot study

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Abstract

Background & Aim: Self-efficacy and despair are factors that can directly affect the quality of life of individuals. This study aimed to determine the relationship between self-efficacy and despair in young individuals and was carried out on elementary students.

Methods: This research is a descriptive and correlational study. The study sample consisted of both girl and boy students of Mohtashami Elementary School in the city of Torbat Heydaryeh. From the population, a total of 89 girls and boys were selected using the stratified random sampling method. In this study, the measuring tools were Scherer's self-efficacy questionnaire, the scale of despair of Kazdyn and demographic information. The accumulated data was processed using spss software, version 20.

Results: The results showed there was no significant correlation between the efficacy and despair in boys ($r=-0.13$, $\text{sig}=0.546$). However, there was a significant inversed correlation between efficacy and despair in the girls; and the correlation coefficient ($r=-0.48$) and a significant amount ($\text{sig}=0.006$) was obtained.

Conclusions: It can be concluded that an increase in self-efficacy of students could reduce despair. Suitable self-efficacy methods should be introduced and strengthened in classroom environments. More research needs to be done on this subject in the future.

Keywords: self-efficacy, despair, children.