

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

**Mehdi Assaran<sup>1</sup>, Maryam Tatari<sup>2</sup>, Iman seyed moharrami<sup>3\*</sup>**

1- Higher Education Center of Shahid Rajaee Torbat Heydarieh, Torbat Heydariyeh, Iran.

2- MSc. of biostatistics. Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

3- Ph.D Student of counseling, Ferdowsi University of Mashhad, Mashhad, Iran

**\*Corresponding Address: Ferdowsi University of Mashhad, Mashhad, Iran**

**Email address: iman\_moharrami@yahoo.com**

### ***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 Heydariyeh. 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 ( $r=-0.13$ ,  $sig=0.546$ ). However, there was a significant inverse correlation between efficacy and despair in the girls; and the correlation coefficient ( $r=-0.48$ ) and a significant amount ( $sig=0.006$ ) 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.