

Role of Self-efficacy and Family environment in regulating Psychological Wellbeing among adolescents and adolescent male offenders undergoing trial

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Abstract

The aim of the study was to understand the role of self-efficacy and family interactions and environment in regulating psychological wellbeing of adolescent boys and adolescent male offenders undergoing trial. Self-efficacy includes beliefs that individuals hold about their own abilities to make plans for and execute tasks within a specific domain to effectively lead to specific goals. Family plays vital role in moulding individuals' personality. Dysfunctional family settings-characterized by conflict, inadequate parental control, weak internal linkages and integration, and premature autonomy-are closely associated with building up troublesome individuals. Psychological well-being is usually conceptualised as some combination of positive affective states such as happiness and functioning with optimal effectiveness in individual and social life. Adolescents have very special and distinct needs. They have to be treated carefully which in turn helps in developing robust citizens for the country. The participants of the study consist of adolescents and Self-efficacy Scale (Manikandan, 2015), Family Environment Scale (Moos & Moos1981), and Psychological Wellbeing scale (Manikandan & Mary Antony, 2015) and Background Information Schedule was used to collect data. Result revealed that the mean scores in self-efficacy, psychological wellbeing and organization (dimension of family environment) significantly differ between adolescent boys and adolescent male offenders. There was a linear relationship between self-efficacy, family environment variables and psychological wellbeing. Self-efficacy and organization were the significant predictors of psychological wellbeing among adolescent boys and adolescent male offenders.

Key words: Self-efficacy, Family Environment, Psychological Well Being, Adolescents boys, Adolescent male offenders.

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Today's society is a fast growing. Transformations and alterations occur immediately and rapidly. Individuals from all spheres of life come across those changes. Some among them easily get acquainted with the modifications of the society. On the contrary many find it hard to get equipped with the changes. Hence managing one's own life is a complicated task.

Adolescence is one of the most important stages in one's life. Wide variety of transitions occurs during this period. Along with the changes of the society an adolescent has to cope with transitions of their own - both physiological and psychological. As part of these alterations adolescents get frustrated and irritated. Unless those frustrations are managed positively they may have far reaching harmful effects on adolescence. Adolescents encounter variety of issues in connection with their roles. Apart from family they will be much inspired and persuaded by peers and friends. One of the significant transformations during adolescence is associated with sexual maturity. There also appear changes in values and interests during adolescence. In addition they may be reluctant and feel insecurity towards those changes. Crime, also called an offence or a criminal offence, is an act harmful not only to some individual, but also to the community or the state. Crime can be defined as an 'intentional act in violation of the criminal law committed without defense or excuse, and penalized by the state as a felony or misdemeanor' (Tappan, 1947). Wide range of opportunities and chances are being placed before adolescents. The problem arises in the case of tackling those opportunities in a positive way. During adolescence there are chances of squandering and exploiting opportunities which have very harmful impacts. Consequently they may come in conflict with law. Juvenile delinquency is one of the intricate and convoluted issues faced by both developed and developing countries. Correctional systems strives utmost to develop strategies and techniques to deal with juvenile delinquents. Juvenile delinquency is an imprecise, social, clinical and legal label for a wide variety of law and norm violating behavior. Psychological or psychiatric definitions of delinquency include the symptom based labels of conduct disorder or antisocial behavior.

Wellbeing is a term that always appears to be difficult to explain by a single definition. For that reason itself wellbeing has been concern and interest of many researchers. Wellbeing is a state which is an essential prerequisite for the existence of human beings. Wide variety of factors influence and contribute to wellbeing. Wellbeing is a term that mostly has positive connotations. Wellbeing is a necessary feature for safeguarding and augmenting the lives of individuals and communities. Wellbeing is a condition of feeling good and functioning well in one's life. Prevention or absence of illness is not the only factor associated with wellbeing. Besides that various others related to wellbeing includes improved quality of life, greater productivity in employment, good and consistent social relationships, better educational attainments and so on. Wellbeing is much connected to life satisfaction that an individual feels about one self and their own lives. It is necessary to understand the historical background before defining the term wellbeing. Two approaches emerged: the hedonic tradition, which accentuated constructs such as happiness, positive affect, low negative affect, and satisfaction with life (e.g., Bradburn, 1969; Diener, 1984; Kahneman, Diener, & Schwarz, 1999; Lyubomirsky & Lepper, 1999); and the eudemonic tradition, which highlighted positive psychological functioning and human

development (e.g., Rogers, 1961; Ryff, 1989a; 1989b; Waterman, 1993). However, despite the differences in approach, most researchers now believe that wellbeing is a multi-dimensional construct (e.g., Diener, 2009; Michaelson, Abdallah, Steuer, Thompson, & Marks, 2009; Stiglitz, Sen, & Fitoussi, 2009). Consequently, the diversity of dimensions has created a confusing and contradictory research base (Pollard & Lee, 2003). Psychological wellbeing (PWB) is a multidimensional concept. People experiencing psychological well being possess self esteem, positive attitudes and feelings and also will be able to manage their stress and negative thoughts. Psychological well-being is usually conceptualised as some combination of positive affective states such as happiness (the hedonic perspective) and functioning with optimal effectiveness in individual and social life (the eudemonic perspective) (Deci & Ryan, 2008). Huppert (2009) "Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively." By definition therefore, people with high PWB report feeling happy, capable, well-supported, satisfied with life, and so on; Huppert's (2009) review also claims the consequences of PWB to include better physical health, mediated possibly by brain activation patterns, neurochemical effects and genetic factors.

Self-efficacy means beliefs that individuals hold about their own abilities to make plans for and execute tasks within a specific domain to effectively lead to specific goals. Albert Bandura is the initiator of the term self-efficacy. Bandura's thought regarding self-efficacy was entrenched within his social cognitive theories of personality. People with high self-efficacy carry out tough and exigent tasks. Individuals with high self-efficacy are able to face stressful situations and also tackle those situations. Bandura (1977) attributes the development of self-efficacy to four forces: mastery, social learning, social persuasion, and emotional and physical states. Of the four, the most powerful for producing self-efficacy is mastery and the most powerful is undermining self-efficacy is social persuasion. A number of structural conditions impact self-efficacy: social class, race, level of educations rural and urban backgrounds and gender all affect an individual global self- efficacy (Birch, 1987).

Family has significant part in an individual's life. One of the strongest socializing force of society is family. Family binds various factors which in turn help in the upbringing of an individual. Adequate parenting practices are a necessary aspect required for the positive growth of children. Emotional and cognitive development of children may get effected if they are experiencing maltreatment and violence at their own home. Divorce and parental psychopathology plays noteworthy part in creating antisocial personalities. Family structure to have a direct relationship to adolescent's self-efficacy (Bandura, 1995; Schneewind, 1995). Family environment characterized by conflict, unhealthy relationships and poor parenting are closely associated with building up troublesome individuals. Challenges and obstructions comprised in the modern society make lives miserable. Hence more positive and optimistic family atmospheres and good self perceptions enhance and augment one's wellbeing.

Objectives

1. To know the role of self-efficacy and family environment in regulating psychological wellbeing of adolescent boys and adolescent male offenders.

2. To know whether there exist any significant difference in self-efficacy, psychological wellbeing and family environment of adolescent boys and adolescent male offenders.

Method

Participants

The participants of the study consist of 60 adolescent boys with a mean age of 15 and ranges from 12 to 17. Among the total participants 30 were adolescent boys and 30 adolescent male offenders. Regarding the religious affiliation 36 (60%) belongs to Hindu and 22 (36.67%) of them were Muslims and 2 (3.33%) were Christians. Within the 60 participants 15 (25%) of the adolescents parents belonged to the category of both employed, 44 (73%) parents of the adolescents were in the category single parent employed that is either father or mother and the remaining one belonged to the category of unemployed. Among the participants 10 (16.67%) of them belonged to joint family and 50 (83.33%) belonged to nuclear family.

Instruments

1. Self-efficacy Scale: Self-efficacy of subjects was measured using Self-efficacy scale developed by Manikandan (2015). This is a one-dimensional scale which measures how the individual perceives their capacities. The scale consists of 14 items with five point agreement anchors. The reliability of the scale was estimated by calculating Cronbach Alpha and it was found to be .87. Author of the scale claims face validity.
2. Psychological Wellbeing Scale: Psychological Wellbeing of the participants was measured using Psychological wellbeing scale developed by Manikandan and Mary Antony (2015). This is a 13 item instrument in regional language (Malayalam) based on the concept of positive functioning of the individual. Reliability of the scale was established by calculating the Cronbach Alpha and it was found to be .86. Authors also reported face validity.
3. Family Environment Scale: Family environment scale developed by Moos and Moos (1994) was used to measure family environment of the subjects. The family environment scale comprises ten subscales that measure the social environmental characteristics of all types of families. The reliability of the total scale was found to be 0.70. The face validity of the scale was found to be adequate.
4. Personal Information Sheet: The basic details of the participants like sex, age, religion, family type, employment category of parents, place of residence and socioeconomic status of participants were collected using this instrument.

Procedure

Initially informed consent from the participants was collected in writing and they were informed about nature and importance of the study. Then the instruments were administered to the participants after giving proper instructions. Assurance was given to each that the information gathered from them would be used only for research purpose and identity would be kept confidential. Then after the completion the instruments were collected back, scored and treated statistically.

Results and Discussion

In modern era adolescents come across various types of barriers and hurdles. Support system offered by family and friends ameliorate various issues and makes life more easier. Hence they are able to lead a psychologically healthy life.

Researchers in psychological sciences always try to establish differences in psychological characteristics and this directs them to design intervention, theory development and management etc. Here also the researchers compared the mean scores of self-efficacy, psychological wellbeing and family environment of adolescent boys and adolescent male offenders. The results of the analysis are presented in table 1.

Table 1 Mean, SD and 't' Value of Self-Efficacy, Psychological Wellbeing and Family Environment by two categories of adolescents

Variables	Category	N	Mean	S D	't' Value
Self-efficacy	AMO	30	41.93	5.94	4.84**
	AB	30	50.77	8.05	
Psychological wellbeing	AMO	30	42.83	5.95	5.76**
	AB	30	51.87	6.19	
Cohesion	AMO	30	6.37	1.82	0.88
	AB	30	6.73	1.36	
Expressiveness	AMO	30	5.00	1.57	0.48
	AB	30	4.83	1.09	
Conflict	AMO	30	2.47	1.55	0.61
	AB	30	2.23	1.45	
Independence	AMO	30	4.97	1.49	1.42
	AB	30	5.53	1.59	
Achievement Orientation	AMO	30	6.27	1.44	0.10
	AB	30	6.23	1.14	
Intellectual Cultural orientation	AMO	30	5.07	1.64	0.45
	AB	30	5.27	1.88	
Active Recreational Orientation	AMO	30	4.8	1.88	0.80
	AB	30	5.17	1.66	
Moral Religious Emphasis	AMO	30	6.03	1.652	0.14
	AB	30	6.12	1.266	
Organization	AMO	30	6.27	1.76	2.14*
	AB	30	7.07	1.05	
Control	AMO	30	4.33	1.29	1.18
	AB	30	3.9	1.53	

*p< .05, **p< .01 (Note: AMO- Adolescent Male Offender, AB- Adolescent Boys)

The result of comparison of mean scores of adolescent boys and adolescent male offenders revealed that in the case of self-efficacy ($t=4.84, p<.01$), psychological wellbeing ($t=5.76, p<.01$) and sub dimensions of family environment - organization ($t=2.14, p<.05$), exists significant mean differences among them. While considering the mean scores of self-efficacy it is evident that adolescent boys compared with others tend to have awareness regarding their own abilities and skills in planning and execution of their own goals. It may be due the present situation the adolescent male offender group have low self-efficacy. The mean value of psychological wellbeing also follows the same pattern. The adolescent male offenders experience very low level of wellbeing for the reason that being associated with their offences and its trial part too. In the case of organization also the adolescent boys tend to follow proper structure in planning family activities and responsibilities than adolescent male offenders. There doesn't exists significant difference in other sub dimensions of family environment such as such as cohesion, expressiveness, conflict, independence, achievement Orientation, intellectual cultural orientation, active recreational orientation, moral religious emphasis and control. A prospective study with 464 older adolescents (14 to 19 years at Time 1; 16 to 21 years at Time 2) tested the structural paths of influence through which perceived self-efficacy for affect regulation operates in concert with perceived behavioral efficacy in governing diverse spheres of psychosocial functioning. Self-efficacy to regulate positive and negative affect is accompanied by high efficacy to manage one's academic development, to resist social pressures for antisocial activities, and to engage oneself with empathy in others' emotional experiences. Perceived self-efficacy for affect regulation essentially operated mediational through the latter behavioral forms of self-efficacy rather than directly on prosocial behavior, delinquent conduct, and depression. Perceived empathic self-efficacy functioned as a generalized contributor to psychosocial functioning. It was accompanied by prosocial behavior and low involvement in delinquency but increased vulnerability to depression in adolescent females (Bandura, Caprara, Barbaranelli, Gerbino, & Pastorelli, 2003)

Table 2: Multiple Regression Analysis (Step-wise)

Independent variable	Multiple Regression (R)	F-value for R	R Square	Partial Regression Coefficient (b)	Constant	Beta coefficient (β)
Self-efficacy	0.62	35.45**	0.379	0.56	21.411	0.616
Organization	0.66	6.08**	0.439	0.522(SE) 1.255(ORG)	14.80	0.574 0.248

** $p<.01$

To know the contribution of self-efficacy and family environment to psychological wellbeing of adolescent boys and adolescent male offenders regression analysis was performed with stepwise method and results presented in table 2.

In the table 2, R square provides an indication of the explanatory power of the regression model on psychological wellbeing. In this case, the percentage of variance in psychological wellbeing accounted for by self-efficacy was 62%. That is, about 62% ($R=0.62$) changes in Psychological wellbeing was by self-efficacy. The value of R square (0.379) proves that 37.9% of variance in psychological wellbeing can be contributed by self-efficacy. The partial regression coefficient(b) of self-efficacy is positive which suggests that every unit of increment of self-efficacy (0.56) unit increases psychological wellbeing.

The regression equation for this will be: $PWB = 21.41 + 0.56(\text{Self-efficacy})$.

An investigation was carried out by Siddiqui (2015) to study the impact of Self-efficacy on Psychological Well-being among undergraduate students. The study revealed that, correlation between Self-efficacy and Psychological Well-being among Male students was, $R = .596$ and actual contribution of predictor variable to criterion variable was found to be 35.6% whereas among Female students correlation between Self-efficacy and Psychological Well-being was found to be $(R) = .551$ and actual contribution of predictor variable to criterion variable was found to be 30.4%. In a group of 664 Italian adolescents, a structural model positing adolescents' emotional and interpersonal self-efficacy beliefs as proximal and distal determinants of positive thinking and happiness has been tested. Adolescents' self-efficacy beliefs to manage positive and negative emotions and interpersonal relationships contribute to promote positive expectations about the future, to maintain a high self-concept, to perceive a sense of satisfaction for the life and to experience more positive emotions (Caprara, Steca, Gerbino, Pacielloi, & Vecchio, 2006).

The second significant predictor emerged in the analysis of the present study was organization which is one of the family environment sub dimension. The multiple regression value for this variable was 0.66. The R signifies the strength of the interaction between the two independent variables put together to the dependent variable was 66%. The value of R^2 (0.439) predicts the variance accounted for by self-efficacy and organization together to psychological well being was 44%.

The proportion of contribution to the dependent variable by the independent variables was shown by the value of b i.e., for every unit change in self-efficacy and organization, there will be 0.522 and 1.26 unit changes in psychological wellbeing. Here the value of organization is also positive. From which it is clear that for every unit of increment in organization there will be 1.26 unit increment in psychological wellbeing.

The regression equation at this point will be: $PWB = 14.80 + 0.522(\text{Self-efficacy}) + 1.255(\text{Organization})$.

Kaneez (2015) examined the association between family environment and psychological well-being of adolescents. A sample of 60 adolescents (30 male; 30 female) in the age of 16 to 19 years was designed. Results revealed a positive and significant association between psychological well-being and cohesion, expressiveness, acceptance and caring, and active recreational dimensions of family environment. Chinese secondary school students ($N = 365$) responded to instruments measuring their family environment, psychological well-being, school adjustment, and problem behavior. Measures of the family environment include perceived

paternal and maternal parenting styles, family functioning, and conflict with father and mother. Results from bivariate and canonical correlation analyses showed that in general, adolescents' perceptions of parenting styles, family functioning, and parent-adolescent conflict were significantly related to scores on measures of psychological well-being (general psychiatric morbidity, life satisfaction, purpose in life, hopelessness, and self-esteem), school adjustment (perceived academic performance and school conduct), and problem behavior (smoking and psychotropic drug abuse). The findings suggest that family factors play an important role in influencing the psychosocial adjustment, particularly the positive mental health, of Chinese adolescents (Shek, 1997).

To test the linear relationship between the independent and dependent variable regression ANOVA was done and the results showed that at 1% error level, there is a linear relationship between self-efficacy, family environment variables and psychological wellbeing.

From table 2, it can be seen that self-efficacy and organization were the significant predictors of psychological wellbeing among adolescent boys and adolescent male offenders. People with good amount of self-efficacy always experience psychological wellbeing. Psychological wellbeing is maintained and improved by appropriate planning in family activities and carrying out responsibilities.

Based on the results of regression analysis the relationship between Psychological wellbeing, Self-efficacy and Family Environment will be as follows;
 $PWB = 14.80 + 0.522 (\text{Self-efficacy}) + 1.255 (\text{Organization})$.

Conclusion

Adolescence is considered to be one of the relevant period in one's life. Various aspects of adolescence have much impact in later life. Consequently adolescents should be provided with supreme concern which in turn makes their life easier and happier. Adolescence was always interest of researchers. The main focus of the study was to assess the role of self-efficacy and family environment in regulating psychological wellbeing of adolescent boys and adolescent boy offenders. Results revealed that there exists significant difference among adolescent boys and adolescent male offenders in variables such as self-efficacy, psychological wellbeing and sub dimensions of family environment-organization. Adolescent boys experience psychological wellbeing, self-efficacy and also are more organized in family affairs than adolescent male offenders. Individuals with high self-efficacy and raised in families with strong values and positive thoughts always experiences wellbeing. Hence the system should provide pleasant atmosphere which sequentially bestows a bright and prosperous future for adolescents.

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