

## General Self-Efficacy in university students

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### Abstract

In the present study we explored the relations between general self-efficacy and personal variables of college students (gender, age, academic performance, majoring period and majoring area). This is a survey research, quantitative and descriptive approach of relational nature. Statistically significant differences were observed to gender, where the higher score were for male and to academic performance (higher general self-efficacy score in students with better academic performance).

*Key words: general self-efficacy, higher education, university student*

### Introduction

General self-efficacy refers to global confidence in one's coping ability across a wide range of demanding or novel situations. GSE aims at a broad and stable sense of personal competence to deal effectively with a variety of stressful situations. It might reflect a generalization across various domains of functioning in which people judge how efficacious they are. (Schwarzer & Jerusalem, 1995). Different areas of knowledge such as health, education, professional and career emphasize the relation between general perceived self-efficacy and specific problems to each area. The present study analyzed the relations between general perceived self-efficacy and personal variables of university students how gender, age, academic performance, majoring period and majoring area. This is a survey research, quantitative and descriptive approach of relational nature. The participants were 258 graduate students, 21.8 years average, from Brazilian a public university. Two instruments were used for data collection, a questionnaire characterization of students and the General Self-Efficacy Scale, developed by Schwarzer and Jerusalem (1995), which was adapted and validated for portuguese by Sbicigo, Teixeira Dias and Dell'Aglio (2012).

### Results and Discussion

The average general self-efficacy of university students observed in this research was 3.03, being considered medium-high on the scale, which ranges from 1 to 4 points. Statistically significant differences were observed to gender, where the higher score were for male and to academic performance (higher general self-efficacy score in students with better academic performance). There were no difference in age,

major area and period of the majoring (semester). The internal consistency analysis of the General Self-efficacy Scale obtained by Cronbach's alpha showed an internal consistency of 0.85, and it can be considered high, in the total scale

### Conclusions

The level of general self-efficacy of university students in this study may be considered medium-high. The analysis of relation among the students variables and the general self-efficacy results indicates that the gender and the academic performance of the students are associated with the general self-efficacy.

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