SELF EFFICACY AND FEAR OF NEGATIVE EVALUATION IN COLLEGE STUDENTS

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ABSTRACT
The title of study was "Self Efficacy and Fear of Negative Evaluation in college students" , the variables used were 'Self Efficacy ' and 'Fear of Negative Evaluation ' , quantitative methodology was used to examine the relationship between these variables , the data were collected from young adults of 18 - 25 years pursuing under-graduation and post-graduation in different colleges across Kerala , sample consisted of 132 college students who were selected by probability random sampling with equal number of male and female samples (66) each and their mean age was found to be 20 years , tools used were Brief FNE scale (Fear of Negative Evaluation) developed by Leary in 1983 and SES scale (Self Efficacy Scale) developed by Mark Sherer , James E . Maddux , Blaise Mercandante and was analysed with SPSS Software Version 25 for correlation analysis and a positive correlation was found between the variables - Self Efficacy and Fear of Negative Evaluation with Spearman's correlation coefficient was found to be 0.429 at 0.01 level of significance , which indicates a significant relation between the above two variables.
Keywords – Self Efficacy , Fear of Negative Evaluation , College Students

1.INTRODUCTION
Young adulthood is generally defined as 18 to 25 years is a time of dramatic changes in basic thinking structures, as well as in the brain. Researchers have defined young adulthood as its own developmental period where crucial developmental shifts takes place. It is also referred as "emerging adulthood", "novice phase" , " frontier of adulthood" where the society expects these groups to fulfil adult roles like financial independence, family formation and making a room for oneself in this world and taking important decisions about one's life. While at the same time, this is the transition period to adulthood and an era that we see the most bio-psychosocial growth. During these years, the person grows from being extremely dependent and undifferentiated to being a more independent responsible adult. They have to adapt to the new life patterns, new social expectations and new roles. They need to develop new values, interest and attitudes aiming at these roles (Hurlock, 1980). This study is expected to draw attention to the correlation of the variables Self Efficacy and Fear of Negative Evaluation.
Self efficacy has been defined by psychologist Albert Bandura as one's belief in one's ability to succeed in specific situations or accomplish a task. One's sense of self efficacy can play a major role in how one approaches and adapts to these new life patterns, social expectations and a new roles in their young adulthood. The theory of self-efficacy lies at the centre of social cognitive theory which emphasises the role of social experiences in the development of personality. As self-efficacy is developed from external experiences and self perception of external social factors, the fear of negative evaluation by others play a significant role in determining one's self efficacy.
Fear of negative evaluation was defined as a trait related to "apprehension about others evaluation, distress over their negative evaluations, avoidance of evaluative situations and expectation that others would evaluate oneself negatively" (Watson and Friend, 1969). This study was conducted in 132 college students, namely 66 males and 66 females from 18 to 25 years pursuing under graduation and post graduation.

2.REVIEW OF LITERATURE

Ganesh Kumar J et al (2015) conducted a study on relationship between fear of negative evaluation and anxiety. This study was done at VIT University, Chennai, among 64 students studying in different branches of engineering. Samples of the study are both hostel dwellers and day scholars. Of the 64 students, 33 were females and 31 were males. The results showed that there is a significant positive relationship between anxiety and fear of negative evaluation.

Feba Abraham, Dr. Kiran Babu NC (2021) conducted a study on altruism and self efficacy among young adults. Using convenience sampling method, a sample of 70 young adults from different cities in India, which included 35 males and 35 females were taken for the study. The results showed that the low positive correlation was not statistically significant to be able to say that there is a relationship between the two variables.

Amna Iqbal et. al (2018) conducted a study on fear of negative evaluation and social anxiety in young adults. Sample of 230 young adults (110 males and 120 females) was taken from different departments of Bahauddin Zakriya University Multan . The aim of the study was to check the correlation between fear of negative evaluation and social anxiety, and difference in fear of negative evaluation and social anxiety among males and females as well as among undergraduate and postgraduate students . The results concluded that fear of negative evaluation produce social anxiety in young adults. Female students showed more fear of negative evaluation and social anxiety than male students and undergraduate students showed social anxiety.

Pavami and Gaurav Agarwal (2015) conducted a study on self efficacy and academic achievement. Sample was 60 college students. The aim of the study was to determine the levels of self efficacy among various academic achievers. Of the 60 students, 20 were high academic achievers, 20 were medium academic achievers and 20 were low academic achievers. Results revealed that one who has high 'self efficacy' possess 'high academic achievement.

T.C. Rajesh (2015) conducted a study on psychological well being and self efficacy in KUDUMBASHREE members in Kerala. The aim of study was to find out the relationships among psychological well being, self efficacy, alienation and self derogation of its members. The sample of the study consisted of 304 Kudumbhashree women, 251 women members in an NGO and 200 daily wage workers. Multistage sampling, simple random sampling and snowball sampling techniques were used in the study. The results shows that Kudumbhashree members have better psychological well being than non-beneficiaries of the project and it also found that kudumbhasree members have high self efficacy than non beneficiaries of the project. This study was also helpful to understand the major positive benefits of this programme.

3.HYPOTHESIS

H1: There will be a significant relationship between self efficacy and fear of negative evaluation among college students.

4.METHODOLOGY

In the study, quantitative methodology was used to study the relationship between variables 'Self Efficacy' and Fear of 'Negative Evaluation' by others. Data were collected by probability random sampling from 132 participants. The population of the study consists of college students pursuing under graduation and post graduation in different colleges across Kerala, between the age of 18 to 25 years. The data of the study was collected by using Personal Information Form, Brief FNE Scale (Fear of Negative Evaluation) and SES (Self-Efficacy Scale). Data was collected on 17th and 18 July 2022. Participants completed questionnaires in Google form. They were informed that the responses will be highly confidential and participation were completely voluntary. The number of males and females were 66 each (50%). The mean age of the participants whose ages vary from 18 to 25 years was determined to be 20 years. Data was analysed by SPSS Software version 25 for correlation analysis. The Instruments used for the study were Personal Information Form, Brief FNE Scale (Fear of Negative Evaluation) Self-Efficacy Scale (SES).

Personal Information Form.
Personal information forms were prepared to collect the personal details of the participant : name, age, gender, educational qualifications, and consent for voluntary participation in the study.
Brief FNE Scale (Fear of Negative Evaluation)
Brief FNE Scale was developed by Leary in 1983. It is a 12 item form which correlated above 0.50 with the total FNE score (r = 0.96). Internal consistency (a = 0.96) and four week test - retest reliability (icc = 0.75) was high. The mean Brief FNE score was 35.7 with the standard deviation of 8.1 for a sample of 150 college students. It is rated on a five point scale in terms of how characteristic each item is of the respondent. Items 2, 4, 7 and 10 are reverse - scored. Total scores are sum of the item responses and range from 12 to 60.
Criterion related validity was shown with the scores on the brief FNE correlating with anxiety, avoidance, the degree to which the respondents said that they are well represented, and the degree to which the respondents were bothered by an unfavourable evaluation from others.
Self-Efficacy Scale (SES)
SES was developed by Mark Sherer, James E Maddux, Blaise Mercandante. SES is a 30 item instrument that measures general expectations of self efficacy that are not tied to specific situation or behaviour. SES consist of two sub-scales General self efficacy (items 2, 3, 4, 7, 8, 11, 12, 15, 16, 18, 20, 22, 23, 26, 27, 29, 30) and Social self efficacy (items 6, 10, 14, 19, 24, 28). Seven items (1, 5, 9, 13, 17, 21, 25) are filler items and are not scored. Items presented in a negative fashion (3, 6, 7, 8, 11, 14, 18, 20, 22, 24, 26, 29, 30) are reverse scored, the scores for all items are summed. Before reverse scoring, the answers are keyed as follows : A=1, B=2, C=3, D=4, E=5. The higher the score, the higher the self efficacy expectations. SES has fairly good internal consistency (a=0.86 for the general sub-scale and a=0.71 for the social sub-scale). The SES has shown good criterion related validity. The questionnaire is a series of statement about one's personal attitudes and beliefs. Read each statement and choose the extent to which it describes oneself.

5.RESULT

Table1 : Correlation between the variables Fear of Negative Evaluation and Self Efficacy in college students.

DIMENSION	Self Efficacy
Fear of Negative Evaluation	0.429**

**Correlation is significant at 0.01 level of significance

As inferred from table 1 the variables self efficacy and fear of negative evaluation positively correlates with each other. Spearman's correlation coefficient was found to be 0.429 at 0.01 level of significance between the variables. The sample size is 132 with the mean of 31.64 for Fear of Negative Evaluation and 71.38 for Self Efficacy . The standard deviation of Fear of Negative Evaluation is found to be 7.42 and Self Efficacy is found to be 11.02. Thus we accept our alternative hypothesis that is, there is a relation between self efficacy and fear of negative evaluation among college students.

6.DISCUSSION

The aim of the study was to measure the relationship between the variables 'fear of negative evaluation ' and ' self efficacy ' in college students. Self efficacy is referred as one's belief in one's own ability to succeed in specific situations or accomplish a task. A person's beliefs about their capabilities and their chances of success is perceived as self efficacy. Fear of negative evaluation is referred to as "apprehension about others evaluations, distress over their negative evaluations,

avoidance of evaluative situations and the expectation that others would evaluate oneself negatively" (Watson and Friend, 1969). Fear of receiving negative evaluations from others is one aspect of social anxiety.

Behaviours can be predicted over actual achievement, as self efficacy determines what people will do with their knowledge and skills.Behaviours can sometimes differ widely from actual abilities because of the importance of self efficacy beliefs. For instance, talented students may suffer from extreme self doubts and fear of negative evaluation by others. Although they are quite capable of performing and exceeding the assigned task, many under perform and fail to complete the assigned tasks. Hence we hypothesised that there will be a significant relationship between self efficacy and fear of negative evaluation among college students.

The major findings of the study was that there is a moderate positive correlation between the variables self efficacy and fear of negative evaluation.The mean FNE score in a sample of 132 college students was found to be 31.64 , which indicates a high fear or apprehension about what other people think of them. The mean SES score in a sample of 132 college students was found to be 71.38 which indicates a high level of belief in one's own competence. Spearman's correlation coefficient was found to be 0.429 at 0.01 level of significance between these variables. It indicates that the result was 99% significant.

People with low self efficacy and high fear of negative evaluation often believes that the assigned task are harder than they actually are and underperforms and fails to complete the assigned tasks. While people with high self efficacy believes the task to be easier than they actually are and perform well in the tasks. Hence we can improve the self efficacy of a person by mastery experiences, vicarious experiences, verbal persuasion and physiological and effective states (Bandura, 1997).

7.CONCLUSION

From the statistical analysis, result and discussion, it can be concluded that we can accept the alternative hypothesis that is, there is a relation between fear of negative evaluation and self efficacy. A positive relationship was found between these two variables.

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