

SELF- EFFICACY AND GENERAL HEALTH STATUS AMONG ADULT SUBSTANCE ABUSERS

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Abstract

In today's world, many individuals' especially young adults who are in their 19- 30 years of age are at high risk of taking substances, especially alcohol. These individuals feels that when consuming alcohol or any such substances, people forget the fact that these can have a huge impact both in their physical and psychological health. People feel that it is the best way to come out of any stressful situation, but the fact is that it can lower the self- efficacy and the health among individuals. The aim of the study id to assess the self- efficacy and general health status among adult substance abusers. The purpose of the study is to understand whether substance abusing among adults have an effect on the self-efficacy and the general health status. It was a quantitative study, wherein purposive sampling technique was used. Three questionnaires were given to the participants and their responses were noted down. The results showed that there is no significant difference in the self- efficacy and general health status among the population of the study, but the results also showed that there is a positive correlation among the dimensions of the General Health among the population.

Keywords: Self- efficacy, General Health, Adults, Substance abusers

INTRODUCTION:

Definition of self- efficacy:

Self- efficacy is the belief that one has the ability to implement the behaviors needed to produce a desired effect. Self- efficacy, Bandura (1997, p.vii) defined it as "peoples" beliefs in their capabilities to produce desired effects by their own actions. Similarly, Maddux (2009a, p.336) has described self- efficacy as "what I believe I can do with my skills under certain conditions". One's sense of self - efficacy can play a major role in how one approaches goals, tasks and challenges.

Self- efficacy is a learned human pattern of thinking rather than a genetically endowed one. It begins in infancy and continues throughout life span. It is based on the premises of social cognitive theory, which holds that humans actively shapes their lives rather than passively reacting to the environment. Bandura (1997, 1989a, 1989b, 1997) proposed that the developmental antecedents of self- efficacy include:

Self- efficacy's influence in life arenas:

Self- efficacy has produced huge bodies of research both inside and outside of psychology. Self- efficacy plays an important role in all of our life arenas and they are as follows:

Psychological Adjustment: self- efficacy has been implicated in successful coping with a

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