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TEACHER SELF- EFFICACY AS A PREDICTOR OF WELL- BEING AMONG SECONDARY SCHOOL ENGLISH TEACHERS

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ABSTRACT

The present study aims to establish the relationship of teacher self- efficacy with that of well- being among school teachers. In order to establish the contribution of teacher efficacy, the researcher examined the effect of self- efficacy on well- being of school teachers. For it, the sample of the study consisted of 200 English teachers of both Government and private schools of Bathinda and Faridkot districts of Panjab state. The questionnaires of both the scales of Teacher self- efficacy and well- being were distributed to teachers. Teacher self- efficacy scale by Kumar (2012) and Well- being scale developed by the researcher herself were employed in the study. Quantitative data analysis was done in the study. Descriptive analysis resulted that self- efficacy has a positive effect on the well- being of English teachers. t- test shows no significant difference between self- efficacy and well- being of male and female of Government and private secondary school English teachers. The study suggests positive measures for making their teachers efficacious and committed to their profession.

Keywords : Teacher self- efficacy, Well- being, Professional development, SDT

Introduction

Recent research on well- being and self- efficacy revealed a great contribution to both theory and practice of Education. Eisenberger, Huntington, Hutuchison, & Sowa (1986) researches have demonstrated that organizations value to the employee contribution and their well- being. Teacher efficacy has been a great deal of concern among various researchers, practitioners and guide. Carrol et al. (2003) stated that teacher may use developing teaching skills, techniques and innovative strategies to develop cultures of knowledge between the classrooms and teacher. Teacher's Self -efficacy refers to a teacher's belief in himself that is his ability to achieve educational goals. High teacher self-efficacy relates to several positive

outcomes like student achievement, motivation, teacher's job satisfaction, te commitment and well-being of teachers. Teachers, who are committed, efficacious and work in cooperation with their colleagues. Well-being is an important variable in the study as it covers different terms of happiness, satisfaction, morale and positive effect. Well-being requires harmony between mind and body implies a sense of balance. In this way, well- being is positively related to teacher beliefs, positive attitude, thereby enhancing efficacy among teachers by bringing a positive state of mind.

Teacher Self- Efficacy

Bandura (1997) gave the concept of self- efficacy as one's ability to finish the tasks in which an individual interacts between the

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