

Abstract

Self-efficacy and Resilience are two important terms in education and psychology. The dictionary meaning of the word resilience is 'the capacity to recover quickly from difficulties; toughness'. Another side the word self-efficacy means 'an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments' (Bandura, 1977, 1986, 1997). The concept of self-efficacy was 1st proposed by Albert Bandura. Resilience is important to everyone's life because it gives individuals strength to overcome any difficulties and adversities. Self-efficacy also plays a vital role for developing a good personality. Through this present study researcher tried to find out the relationship of resilience and self-efficacy among the higher education students in West Bengal. A general web-based survey was conducted in various colleges and universities of West Bengal for collecting the required information from the respondents. Quantitative research approach was followed for the study. All higher education students i.e. Undergraduate and Postgraduate students of West Bengal were considered as the population of the study. The study was conducted 51 Colleges and 17 Universities of various district of West Bengal. 1551 students studying in UG and PG were randomly selected as the sample of the research work. The 51 colleges and 17 universities were selected taking into consideration their accessibility to the researcher, time frame and financial costs that the researcher had to meet. "Resilience Scale" by Dr. Vijaya Laxmi & Dr. Shruti Narain, published by Prasad Psycho Corporation, New Delhi and the "General Self-Efficacy Scale" (GSF), England were used for collecting the data as tools of the research. Raw data of 1551 students were individually tabulated in excels sheet. Data were analyzed using Statistical Package for Social Science (SPSS, Version 20). because it accommodates a large number of variables at the same time and reduces detailed laborious calculation by hand and thereby minimized the chance of error. Mean, standard deviation and correlation coefficient were used as descriptive statistics and Chi-square test of independence, Independent samples t-test and One-way

ANOVA, Pearson Product Moment Correlation, Simple Linear Regression were used as inferential statistics. After conducting of this study it was observed that, students with higher level of resilience have higher self-efficacy also. That means the relationship between resilience and self-efficacy were moderate positive($r=.496$), Undergraduate and Postgraduate students are not significantly differ in terms of their resilience. Arts stream students were more inclined towards high level of resilience than science students. Male students are more inclined towards high level of resilience than female students. The resilience level of Minority and Non-minority students are same. The students of joint family are inclined towards high level of resilience than nuclear family. The students of below 10k monthly family income are inclined towards high level of resilience than the others. The students those who believe in God are inclined towards high level of resilience than the not believers. Male students possess more self-efficacy ($m=31.77$) than that of female students ($m=31.05$). The self-efficacy level of undergraduate and postgraduate students is same. There was no any significant difference between nuclear and joint family students in terms of their self-efficacy. There was no statistically significant mean difference found ($t_{1549} = -.801, p>.05$) between minority and non-minority students in terms of their self-efficacy. The students belong from semi-urban area ($m=31.79$), their self-efficacy is significantly higher than the rural ($m=31.43$) and urban ($m=30.53$). It was observed that, students belong from Scheduled Caste($m=32.15$), their self-efficacy are significantly higher than the other groups. It was observed that, students, whose fathers' occupation was agriculture their self-efficacy are significantly higher than the others. The students, whose family income below 10k their self-efficacy are significantly higher than the others. The students, who have more than one sibling their self-efficacy are significantly higher than the others.