

Optimism as a Function of Self-efficacy and Self regulation



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Declarations

I, Taposi Rabia certify that this dissertation is my research work. Here I have acknowledged all materials and sources used in this thesis paper. I also certify that this dissertation has not previously been submitted for assessment and I have not copied in part or whole work of other students or persons. I am aware of the policy on plagiarism and can understand its implications.

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Dated, Dhaka

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Abstract

The purpose of the present study was to investigate whether there was any relation among optimism, self-efficacy and self-regulation. The study also tried to find out the gender difference in optimism, self-efficacy and self-regulation. The data was collected on a sample of 260 young adults (130 males and 130 females) accompanied by a process of purposive and convenience sampling technique. Bangla version of Revised Life Orientation Test, Bangla version of General Self-Efficacy Scale and Bangla version of Self-Regulation Questionnaires were used to assess study variables. Pearson Product Moment Correlation, Independent Sample t-test and Simple Linear Regression were used for the collected data analysis. Correlation analysis showed significant and positive association among optimism self-efficacy and self-regulation. Independent sample t test revealed that there is no significant difference in optimism between male and female but there is a significant difference between male and female in self-efficacy and self-regulation. It was found that male respondents have more self-efficacy and self-regulation than that of their female counterpart. Simple linear regression analysis revealed that 8% of the variance of self-efficacy and 12.8% of the variance of self-regulation was explained by optimism. The findings have implications for parents and guardians, teachers, educators, mental health professionals and policy makers.

Key words: Optimism, Self-efficacy, Self-regulation.

Chapter-1

Introduction

Introduction

Optimism, Self-efficacy and Self-regulation are most important variables in our present life. These are one kind of inner traits. These traits should be grown up from childhood. An optimistic person can think positively. A self-efficient person is asset in a family, society, even in a country. A self-regulate person knows how to regulate oneself for live long and be happy. So we should practice to develop these kind of traits.

The word '**optimism**' arrived from the word 'optimum'. Optimum is a Latin word and the meaning of optimum is 'the best.' In psychology, optimism or dispositional optimism may be a set of beliefs and traits. These beliefs and traits facilitate folks deem the positive aspects of life rather than the negative ones. It is called that optimism is one kind of personality pattern that displays resilience and personal strength (Affleck, Glenn; Tennen, Howard; Apter, Andrea, 2001). According to Carver, Scheier, & Segerstrom (2010), Optimism is a generalized positive expectancy that good things will happen rather than bad things, leading optimists to approach life's challenges with confidence rather than doubt. The definition of the Optimism can be described by hope and confidence. Optimism is a mental state or a mindset that believes that there is hope in the future and that that hope in the future gives them confidence. It is an individual difference variable. It reflects the extent to which people hold generalized favorable expectancies for their future (Carver,2010). Research showed that higher levels of optimism are prospectively related to higher subjective well-being in times of adversity or issue (i.e. management of previous well-being) (Charles S. Carver, Michael F. Scheier, Suzanne C. Segerstrom,2010).

Garcia, R. (2013) found that optimism is connected with better psychological and physiological health outcomes. These relationships are thought to be mediated by a coping style and characterized by problem and emotion approach coping strategies. Optimism is believed to

produce motivation for sustained goal-striving, as proven by continuous, active, and profitably directed efforts and behaviors each in everyday life and in nerve-wracking situations. It's additionally been found that prime levels of optimism are related to multiple positive physiological outcomes in adults facing acute and chronic illnesses, together with internal organ patients and people living with HIV and AIDS. In cardiac patients, high levels of optimism were associated with minimal will increase in artery membrane thickness (an index of arteria coronary artery disease and a marker of cardiac illness) over a three-year amount and a reduced chance of developing arteria disease, connected heart disease. Additionally, Gracia found that prime levels of optimism also are related to psychosocial advantages in patients with chronic sicknesses and people undergoing major life changes. Patients convalescent from coronary artery bypass graft surgery report fewer negative moods and larger satisfaction with care and quality of life when surgery, whereas adults with sort a pair of polygenic disorder reported experiencing less depression and anxiety.

Many research have been conducted on gender difference in optimism. In regarding a broad range of issues, including the economy and financial markets, a research result showed that men tend to be significantly more optimistic than women (Ben Jacobsen, John B. Lee, Wessel Marquering, Cherry Y. Zhang, 2014). Bjuggren, Carl Magnus & Elert, Niklas, (2019) published an article. That article examined gender differences in optimism about the economy in Sweden. They lived optimism victimisation information from Swedish surveys during which respondents expressed their beliefs about the country's future economic scenario. They argued that this measure of optimism is preferred to plain measures within the literature as a result of it avoids confusing individuals' economic situation with their perception of the longer term and may be compared to economic indicators. His analysis also found that men are additional optimistic than women;

However, men also are more doubtless to be wrong in their ideas about the longer term economic situation. Furthermore, in severe economic downturns, gender variations in optimism disappear. This convergence of beliefs is explained by the number of data out there about the economy.

The various forms of Optimism

To higher perceive optimism, it's vital to contemplate the different types of optimism that researchers consider today.

Dispositional optimism is outlined as a worldwide expectation that more smart (desirable) than unhealthy (undesirable) things can happen within the future (Scheier & Carver, 1985). As a temperament trait, it's assumed to be stable with very little space for amendment and as an alternative delineate as high optimism (Peterson, 2000).

Susceptible optimism and figurer proof for the chance of events occurring in a very lifetime. It additionally refers to the supposed incongruousness between the inevitableness of adversity and also the expectation that life are going to be additional smart than bad. The question is whether or not it is irrational to check adversity as something except bad. If adversity is perceived as uncomfortable at the time, but offers lots of chance for personal growth Associate in Nursing learning to be overall beneficial, that part of mate between reality and expectation is reduced or eliminated.

Optimism as an attribution style views optimism as a method of causative reasoning (Buchanan & Seligman, 1995). Optimists attribute smart events to length (probability of repetition), generality (the "goodness" can unfold to alternative future events), and interiority (I caused it and that i will cause it again). On the contrary, unhealthy events are viewed as impermanent, non-generalized, and thanks to causes outside the self.

Comparative optimism (Radcliffe & Klein, 2002) introduces the Einstein's theory of relativity of expecting good outcomes for oneself compared to another similar person.

Situational optimism refers to general expectations of a decent outcome in a very given context.

Strategic optimism (Ruthig et al., 2007) may be a domain-specific risk-denial supported a belief in being in control.

Realistic optimism is outlined by Sneider (2001) with respect to Degrandpre (2000) because the tendency to take care of a positive outlook at intervals the constraints of the offered measurable phenomena settled within the physical and social world'. Realism refers to the link between available data and understanding at any given moment, potential selections and chosen actions.

Optimistic bias refers to the ways in which during which evaluating knowledge in a predictable, positive, and stingy manner has been shown to be biased. Data is given additional weight once it favors or supports a desired conclusion (Flyvbjerg, 2006). Optimism helps folks keep in mind and recall in person relevant health-related information (Abele & Gendolla, 2007). Folks given identical descriptions or statistics can weigh the knowledge otherwise once accustomed describe one thing they need (e.g. G. the pill could cure them) or something that doesn't (e.g. the pill may cause facet results). The strength of this effect isn't constant. Positive have an effect on will increase optimism tendencies, though psychological feature theory would predict the alternative (Chambers & Windschitl, 2004). In things wherever knowledge assessment is restricted thanks to time pressure or lack of information, assessments are supported affect (Lench & Ditto, 2008).

Optimism is related to specific brick styles, goal setting, and positive have an effect on. Optimists show attention to positive data and exhibit behaviours of active engagement, positive reframing, and drawback finding (Carr, 2004). Pessimists pay additional attention to negative information and show passivity, denial, and avoidance.

However, the majority move within the middle field and show a combination of styles. Optimists are more inclined towards goal commitment, wherever the goal is to realize the tip result (Zang, Fishbach & Dhar, 2007), than towards goal pursuit, where the goal is to try. Commitment to the goal requires action of the tip result, therefore optimists persevere.

The consequences of Optimism

Dispositional optimism seems to possess an on the spot effect on bodily function. The opposite forms of optimism appear to mediate their effect through actions that result from a biased analysis of information, goal setting, and also which means of optimism.

Seligman examined the optimism and success of the attribution vogue in insurance sales. It known the top score of attribution optimists among life assurance employee candidates (extreme optimists) and located that salespeople hand-picked on this basis performed far better and stayed on the work longer than selected salespeople.

An equivalent mechanism drives athletic performance (Seligman, 1992; Gordon, 2007) in each individual and team sports. Attribution-style optimists improve their times when being told they completed a somewhat slow time trial, whereas pessimists show a major deterioration. Team performance is foretold supported team members' and coaches' assessment of attribution style. The key to performance was persistence within the face of failure, the results of attributing unhealthy events to distinctive external causes instead of generalizing as optimists do.

A study on the performance of start-ups (Hmieleski, 2007) examined the affiliation between dispositional optimism and also the performance expertise of entrepreneurial managers. Optimists established to be more practical in stable environments and pessimists in dynamically unstable environments.

Optimists are additional doubtless to base their choices on past expertise and existing information, permitting them to create fast and economical decisions that are safe once the business context is well understood.

The definition of **Self-efficacy** is as person's belief about his or her ability to perform a task or complete a level of performance that exercise influences over events that affect his or her lives. Self-efficacy plays an important role in students' lives and future. Self-efficacy also gleams belief in the efficiency to exert control over one's own motivation, behavior, and social environment (Bandura, 1977). Self-efficacy is used as confidence in an individual's capability for organizing and implementing the cognitive, behavioral, or social skills necessary for successful performance of a task (Bruning, Colvin & Shell, 1995).

General self-efficacy (GSE) is based on Bandura's theory of self-efficacy, indicating the level of entire self-confidence that persons when confronted and dealing with hard or complex conditions (Chen G., Gully S.M., Whiteman J.A., Kilcullen R.N.,2000). According to Bandura (1994), Self-efficacy is an individual's belief about how well a person can perform a specific task in a specific context; these beliefs influence the way individuals feel, think, self-motivate, and behave. A research found that high general self-efficacy disturbs individual to think positively, and an individual respond more assertively in interaction with others (Parto M.2011).self-efficacy is the comprehended receptivity to do what is necessary to accomplish person's goals (Bandura, 1982).

Sources of Self-Efficacy

Students receive data concerning self-efficacy from four sources: finishing their tasks, referred to as the inactive realm; vicarious experiences; verbal belief; and their physiological responses or states (Alderman, 2004; Ormrod, 2003; Pajares, 2003; Pintrich & Schunk, 2002; Zimmerman, 2000, 2001). Self-efficacy is what students derive from data from these sources; it's the judgment they create concerning their ability to with success complete a selected task or set of connected tasks. By understanding and victimisation these resources systematically, academics will influence the self-efficacy of troubled students.

Enactive mastery refers to the popularity of the degree to that students have successfully completed tasks. For example, if Mr. Ryan changed an assignment to be moderately difficult for college students with learning disabilities, and Kelly, who has learning disabilities, got nine out of ten queries right, she would possibly tell herself, "I got 9 out of ten right 10 questions. Currently I perceive what I read." By ever-changing the attribution, Mr. Ryan gave Kelly the chance to perform well Associate in Nursing interpret her success in a very means that boosted her self-efficacy. He used enactive mastery. In contrast, Mrs. McCormick, Kelly's English teacher, gave Kelly constant writing assignments, that Kelly found very difficult. Throughout an outing, Kelly muttered to himself, "Everything I do is wrong, wrong, wrong. "Trying does not help. I am stupid; I will be able to ne'er learn to write. "Ms. McCormick helped undermine Kelly's self-efficacy by not sterilisation tasks to maximize task performance information. Generally, lecturers will take advantage of the natural tendency of troubled learners to gauge task-performance data by giving them tasks of moderate challenge, that is, tasks they're going to succeed on with moderate effort.

Vicarious experiences, reminiscent of observant friends model a task, offer troubled learners with direct steering regarding some way to try and do something. Once modelling is used

as an academic method, to demonstrate a ability or learning strategy, the models generally make a case for what they are doing and thinking at each step. Often, such steerage helps troubled learners develop the inner imaging they need to make mentally and implement targeted skills or learning strategies. lecturers will profit of this provide of self-efficacy by usually and systematically having troubled learners observe models perform targeted skills or learning strategies, live or on video.

Verbal persuasion offers learners data they interpret and evaluate, which, in turn, affects their self-efficacy. For example, if Kelly is reluctant to use the RAP strategy (Ellis, 1996) to understand what she is scanning, Mr. Ryan may say, “Kelly, you may do this if you utilize medical aid strategy. All week you almost certainly did well with it. Remember, ‘R’ stands for browse a paragraph, ‘A’ stands for raise yourself what the paragraph is about, and ‘P’ stands for place the most arrange and a pair of details in your own words. Permit us to do it.”

Generally, the larger the standard of the message giver and additionally the extra learners believe that they are going to succeed on the task, the a lot of potential they're to do. If, however, learners repeatedly fail these tasks, once exhortations to try and assurances of success, future verbal messages from the message giver or people in similar roles (e.g. Teachers) are less persuasive. In many cases, troubled learners will dismiss the messages, basic knowledge they're false. By usually stating that learners will succeed on specific tasks, tasks thereon they're doing succeed, and following up with task-specific feedback outlining what learners did that created success, lecturers will cash in of this important provide of self-efficacy.

Response or state refers to but students feel before, throughout, and once partaking during a task. If, for ex-ample, a troubled learner feels sick and very anxious regarding beginning a reading assignment, basic knowledge that he or she will be able to fail, the learner may disrupt the class to escape the assignment.

Self-regulation is defined as the ability to control or direct one's attention, emotion, cognition, and behavior in ways that allows for successful adaptation to environmental demands, achievement of goals, and compliance with group norms (Murphy, B. C. et al., 1999). Self-regulation is called a neuropsychological skill, which continues to develop from infancy through childhood into late adolescence. During this period, adolescents learn to control their impulses (Anderson P., 2002). They also increasingly master the ability to pay attention in more complex situations and to focus on tasks for longer periods of time (Diamond A., 2013). In addition, they acquire the skills to plan future behavior on the short and longer term, and to monitor and control thoughts, emotions and behavior (Hofmann W et al., 2012 & Jolles J., 2016). Self-regulation is the capacity to select actions that lead to favorable outcomes and avoid actions that lead to unfavorable outcomes. (Hosseini-Kamkar N and Morton JB, 2014).

Self-regulated learning is also a relatively new construct inside the domain of educational scientific discipline but its theoretical connectedness and important wise implications have already been well established. The study explored the extent to which the self-regulated learning ways in which of metacognition, elaboration, important thinking, organization, rehearsal, time and energy management, facilitate seeking and peer learning vary with gender. The supposed ways in which for Learning kind (MSLQ) was administered to 198 undergraduate students at a large university in North-eastern U.S. The obtained data were analysed through statistical procedure of variance. The study uncovered several statistically important variations. Female students attended over-report the utilization of rehearsal, organization, metacognition, time management skills, elaboration, and effort. No statistically significant gender variations were found with reference to checking out with peers, facilitate seeking, and demanding thinking skills Bidjerano, T. (2005).

Matthews, J. S. et al.(2009) studied on gender variations in self-regulation inside the autumn and spring of educational institution associate degreeed their association to gender variations in 5 areas of early accomplishment:1) applied problems (math),2) general knowledge, 3)letter–word identification, 4)expressive vocabulary, Associate in Nursing five)sound awareness. Activity self-regulation was lived practice every an objective direct live (N = 268; Head-Toes-Knees-Shoulders task) and, for a subsample of children, a tutor report of area self-regulatory behaviour (n = 156; child Behaviour Rating Scale). They found that girls outperformed boys in each assessments. The gender variations in self-regulation were clear, no vital gender differences were found on the 5 instructional action outcomes, as lived by the Woodcock–Johnson III Tests of Achievement. Self-regulation consistently expected subject and sound awareness, the links were stronger with the direct live as compared with teacher reports. Implications for understanding the role of gender and self-regulation in early and later instructional action and role of self-regulation especially areas of accomplishment are discussed. D'Ambrosio, L. A., et.al.(2008) studied on whether or not or not self-regulation attitudes and patterns differ by gender. Results indicate that girls and men report distinct patterns of self-regulation behaviours. Age, health standing, and residential standing additionally act with gender, influencing the extent of self-regulation. The results put together show that ladies report lower levels of confidence in their driving skills than men, tho' the excellence varies supported whether or not or not or not a lady lives alone. Implications of these results are thought-about for an aging population—particularly women—that over the approaching decades are getting to be loads of obsessed with the automobile for transportation than ever before.

Rationale of the Study

Optimistic, self-efficacy, and self-regulated persons are important in our society. This analysis will facilitate to identify the optimistic, self-efficacy, and self-regulated persons in society. This investigation can assist fully completely different institutions to appoint these of us in line with their wants of sphere of activities. This study has the potential to enrich social relationship. It'll any contribute to develop expert skill. This study will facilitate academic degree individual in their analysis field. And this study has the potentiality to assist the counsellor to measure their client ability.

Objective of the Study

The objectives of the present study were:

1. To investigate whether there is any relationship among optimism, self-efficacy and self-regulation.
2. To investigate whether there is any gender difference in optimism, self-efficacy and self-regulation.
3. To investigate whether there is any role of optimism in self-efficacy and self-regulation.

Chapter-2

Method

Method

Participants

A total number of 260 young adults were taken as participants in this study. Among them 130 were Male and 130 were female. They were the students of Dhaka University (60 female), Noakhali University of Science and Technology (60 female) and Patuakhali Science and Technology University (130 male). All the respondents who participated were middle class family member .They were also physically and mentally healthy. Participants' age range was 18 to 28 years old. Respondents were taken by following the purposive and convenience sampling technique.

Measuring Instruments

To collect data three scales and one personal information form were used. They were:

Personal Information Form

A form was used to collect personal information such as-gender, age, socio-economic status, attending institution's' name.

Revised Life Orientation Test (LOT-R):

Optimism was measured by using the Revised Life Orientation Test (LOT-R) (Scheier & Carver, 1985). The scale was translated into Bangla version by Ilyas, Q. S. M. (2004).This scale has 10 items as Likert type scale. Only 10 items on the revised LOT are used to obtain an optimism score. Among them 4 of the items are filter items and are not used in scoring. Another 6 items of the scale are scored. Among 6 items, 3 are keyed in a positive direction and 3 are keyed in a negative direction. Using the following response format, 0 = strongly disagree, 1 = disagree, 2 =neutral, 3 = agree, 4 = strongly agree, respondents are asked to indicate the extent of their

agreement with each of the items. The items 3, 7, and 9 are negative items. These are reverse-coded and scored. The sum of scores of all items was the total score of the scale for a person. A higher score indicates high optimism and lower score indicates low optimism. The English and Bangla versions were administered to 50 participants with a gap of 7 days. Significant correlation $r(48) = 0.805, p < 0.001$ between score of English and Bangla version indicated translation reliabilities of the scale. High Cronbach's Alpha ($\alpha = 0.72$) of Bangla version further indicated internal consistency of the scale.

General Self-Efficacy scale

Self-Efficacy was measured by using the Bangla version of the General Self-Efficacy scale (GSE). The Bangla version of the scale was translated by Khanam and Rabia (2022). The Bangla translation of the scale used for the present study shows high internal consistency (Cronbach's $\alpha = .85$). This scale is a self-report measure of self-efficacy. This scale has 10 items. The internal reliability for GSE is Cronbach's alphas between 0.76 and 0.90. The validity of the General Self-Efficacy scale is correlated to optimism, emotion, and work satisfaction. Besides, negative coefficients were found for depression, stress, health complaints, burn out and anxiety. These 4-point scale ranges from 1 to 4, with the possible minimum and maximum scores are 10 to 40. The total score is calculated of the scale by finding the sum of the all items. The higher score indicates the higher level of self-efficacy.

Self-regulation Questionnaire (SRQ)

The Adapted Bangla version (Nigar & Akter, 2017) of Self-Regulation Questionnaire (SRQ; Brown, Miller & Lawendowski, 1999) was used to measure self-regulation. It is a self-administered scale with 63 items.

The Scoring of all 63 items are answered on a 5-point Likert scale with the following scale points: 1 = strongly disagree, 2= disagree, 3=uncertain or unsure, 4 = agree, 5= strongly agree. Among 63 items, 27 items are reverse-scaled items. For reverse-scaled items, 1=5, 2=4, 3=3. 4=2, and 5=1. The reliability of the SRQ appears to be excellent. In a community sample of 83 people with varying levels of alcohol problem severity, the SRQ was administered twice, separated by 48 hours, to test stability of scores it provides (Aubrey, Brown, & Miller, 1994). Test-retest reliability for the total SRQ score was high ($r = .94, p < .0001$). Internal consistency of the scale was high ($\alpha = .91$). The Bangla translation of the scale used for the present study shows high internal consistency (Cronbach's $\alpha = .87$).

Design

The study was conducted by following cross-sectional survey design.

Consent

The respondents who gave consent to participate in this study was selected as participants.

Procedure

In the present study, data was collected from the participants by given verbal instruction before taking response. Respondents have been contracted individually during their free time. Respondents who were cooperative and showed positive attitude towards the research, were administered the questionnaire. The scale was administered to each subject individually. Bangla version of Revised Life Orientation Test, General Self-Efficacy Scale and Bangla version of Self-Regulation Questionnaires were provided to each participant and their biographical information was collected along with the scale. Although at first the Participants were confused, but after some time they spontaneously marked their favorable opinion. After completing the questionnaire, the entire questionnaire was checked, if any item missed by the respondents. After collecting

information, they were warmly thanked for their kind cooperation. Finally, they were assured that all information given by them will only be used for research and keep confidential. There was no time limit for the respondents to answer the items in the scale.

Chapter-3

Results

Result

The main purpose of the present study was to investigate whether there is any relation among optimism, self-efficacy and self-regulation; whether there is any gender difference in optimism, self-efficacy and self-regulation; whether there is any role of optimism in self-efficacy and self-regulation. Pearson Product Moment correlation, independent sample *t*- test and regression were used for the data analysis.

Table 1

Correlation among Optimism, Self-efficacy and Self-regulation

	Variables	1	2	3
1.	Optimism	1	0.283**	0.357**
2	Self-efficacy		1	0.502**
3	Self-regulation			1

**p<0.01

The results showed that the correlation among optimism, self-efficacy and self-regulation was significant and positive. So from this study it is proved that if a person becomes optimist, then his or her self-efficacy and self-regulation will also increase. Again, if a person's self-efficacy is high, then his or her self-regulation and optimism will also be high .In same way if a person becomes self-regulated, he or she will also be optimist and self-efficient.

Table 2

The mean standard deviation and t -value of the male and female participants according to optimism, self -efficacy and self-regulation

Variables	Gender	N	Mean	SD	df	t	Sig
Optimism	Male	130	13.20	2.709	258	0.084	0.93
	Female	130	13.17	3.194			
Self- efficacy	Male	130	28.82	4.664	258	5.194	0.00
	Female	130	25.48	5.631			
Self- regulation	Male	130	204.01	14.880	258	3.892	0.00
	Female	130	195.51	19.964			

Table 2 showed that there is no significant difference in optimism between male and female. But it shown that there is a significant difference between male and female in self-efficacy and self-regulation .Table 2 also showed that male respondents have more self-efficacy and self-regulation than that of their female counterpart.

Table 3

Linear regression analysis of optimism on self-efficacy

Model	R	R2	B	SEB	β	T	P
Self- efficacy	0.283	0.080	0.520	0.110	0.283	4.747	0.000
F=22.537, P<0.000							

Table 3 indicated that the unstandardized regression coefficient($B = 0.520$) of optimism associated with self-efficacy indicating that optimism increased 0.520 unit, with each one unit increased in self-efficacy. On the other hand, the standard regression coefficient ($\beta = 0.283$) of optimism for youth associated with self-efficacy indicated that optimism increased 0.283 unit with each one standard unit increased in self-efficacy. Again 8% of the variation in self-efficacy could be explained by the variation of optimism. R2 revealed that only optimism explained 8% of the variation in self-efficacy.

Table 4

Linear regression analysis of optimism on self-regulation

Model	R	R2	B	SEB	β	t	P
Self- regulation	0.357	0.128	2.185	0.356	0.357	6.144	0.000
F=37.748, P<0.000							

Table 4 indicated that the unstandardized regression coefficient ($B=2.185$) of optimism associated with self-regulation indicating that optimism increased 2.185 unit with each one unit increased in self-regulation. On the other hand, the standard regression Coefficient ($\beta=0.357$) of optimism associated with self-regulation indicated that optimism increased 0.357 unit with each one standard unit increased in self-regulation. Again, 12.8% of the variation in self-regulation could be explained by the variation of optimism. R2 revealed that only optimism explained 12.8% of the variation in self-regulation.

Chapter-4

Discussion

Discussion

The present study was conducted to investigate three research objectives. The first purpose of this study was to investigate whether there is any relationship among optimism, self-efficacy and self-regulation. Results showed that there is a significant and positive correlation among optimism, self-efficacy and self-regulation. So from this study it is proved that if a person becomes optimist, then his or her self-efficacy and self-regulation will also increase. Previous study also found consistent correlation among optimism, self-efficacy and self-regulation. Maity, A & Sahai, A.(2018) studied on the effect of emotional regulation and optimism on self-efficacy among young adults. They found that there is a significant effect of emotional regulation and optimism on self-efficacy. They showed that when an individual use positive emotion regulation strategies like cognitive reappraisal then their level of self-efficacy will be high rather using maladaptive emotional regulation strategies like expressive suppression.

Another study found that there is a significant positive association between optimism, self-efficacy and self-esteem in older adults. For conduct that study they selected two hundred community-dwelling older adults ($M=58.82$, $SD= 3.94$) of NCR region in India, who have been living there for at least 10 years. They indicated that the higher the optimism among elderly, significantly the higher will be the self-efficacy. They also revealed that optimism had a significant impact on both self-efficacy and self-esteem. (Rawat, Rohan & Mahapatra, Mamata. (2020). Siddique et al. (2006) reported that optimism was positively associated with self-efficacy. They showed that the higher level of general optimism endorsed, the higher level of self-efficacy for taking examinations among the first-year law undergraduates. Liu C, Cheng Y, et al. (2018) conducted a study to investigate the mediating effects of self-efficacy and optimism on the relationship between shyness and SWB. Their result showed significant relationships among self-

efficacy and optimism. Another study also consistent with the present study. The study done with American patients who have been through serious orthopaedic injury (mean age 73.13), having a coefficient of correlation between the optimism and self-efficacy as 0.27, $p < 0.01$ (Waldrop, D., et al, 2001).

The second purpose of this study was to investigate whether there is any gender difference in optimism, self-efficacy and self-regulation. Two different significant findings about this research objective were found.

Firstly, t-test conveyed that, there was no significant difference in optimism between male and female. This result is not consistent with previous researches like Carl Magnus Bjuggren & Niklas Elert (2019), in which it was found that men are more optimistic than women and Mishra, Krishna Kumar (2013) where showed that females display significantly higher level of optimism than males. The possible reason why the current study did not consistent with other previous studies is cultural difference. Lack of appropriate attention may also be another reason for this contrary result. Another issues such as educational system, parenting system, economic status, living conditions, etc. also play a vital role for this opposite result of previous studies.

Secondly, t-test revealed that there is a significant difference between male and female in self-efficacy. It also showed that male respondents have more self-efficacy than that of their female counterpart. The self-efficacy ($M=28.28$) of male is more than the self-efficacy ($M=25.48$) of female. This result is consistent with some previous findings. Most of the research findings about self-efficacy showed males are more self-efficient than females. Wang Y, Xu L, et al. (2019) found that males' self-efficacy score was higher than that of female participants (26.1 ± 8.1 vs. 28.7 ± 7.7), and there was a significant gender difference ($t = 10.877, p < 0.001$). Juulia Lahdenperä (2017) also indicated that female students report lower self-efficacy levels than male students.

Besides, there was found Significant difference between female and male adolescents on all dimensions and on the composite score of self-regulation. It revealed that male adolescents have higher self-regulation as compared to their female counterparts (Bashir, Hilal & Bashir, Liyaqat, 2018). Some of the research findings presented that self-efficacy and self-regulation score are high in female respondents than male respondents. Abdullah et al. (2006) showed that girls have higher self-efficacy rather than boys. It revealed that there is statistically significant and there is a relationship between genders with the p-value 0.006. Webb-Williams (2017) indicated that gender differences in self- efficacy were significant with girls holding a higher sense of self-efficacy than boys coupled with lower performance.

Again, t-test revealed that there is also a significant difference between male and female in self-regulation. It also showed that male respondents have more self-regulation (M=204.01) than that of their female (M=195.51) counterpart. This result is not consistent with some previous researches. Most of the research findings about self-regulation showed females are more self-regulated than males. Raffaelli, M., Crockett, L., & Shen, Y-L. (2005) studied on sex differences in self-regulation. Their findings showed that females and males exhibit same class formation and trajectory model in self-regulation. They also found that the structure of the intermediate classes was different in where females' self-regulation rate was increasing slightly and males' self-regulation rate was reducing slightly. Another former research Anderson P.(2002), Diamond A .(2013),Hofmann W. et.al.(2012), Jolles J.(2016) indicated that the mean of self-regulation score level of females was higher than the mean of self-regulation score level of males across all sections. Besides, the male sample had a lower proportion of individuals in the lowest self-regulatory class and a higher proportion of individuals in the highest class as compared to female sample. According to Pooja Bhagat (2016), there was found no significant difference in Self-

regulatory skills of secondary students (boys and girls). The mean score of boys in self-regulatory skills was 5.33 and S.D. = 1.49. The mean score of girls in self-regulatory skills was 5.7 and S.D. =1.4.

The third purpose of this study was to investigate whether there is any role of optimism in self-efficacy and self-regulation. Results show that optimism explained 8% of the variance of self-efficacy and 12.8% of the variance of self-regulation by using Simple linear regression analysis. This finding is also supported by previous research. Optimism and Self-efficacy may be related to improved outcomes through regulating behavior and emotions or through mediating other underlying cognitional structures and processes (Major, Brenda et al.1998). High self-efficacy has been related to more positive thinking, higher goals and more positive emotions (Locke, Edwin et al.1991). Optimists also seem to involve more problem-focused coping strategies and more fruitful ways of emotional regulation (Taylor et al. 1997).

Implications

At present most of the people encounter many problems every day in Bangladesh. Day by day individuals' problems are increasing at a high rate. For these reasons people especially young adults lose hope, become disappointed, decrease the power of regulate oneself, and grow low self-efficacy. In such a situation people seek help from different helping professionals like psychologists, psychiatrists and sociologists. This study can help researchers, professionals and practitioners to find peoples' problem and also to solve their problems .Present research will be helpful for parents and clinicians of Bangladesh to understand the possible relation of optimism, self-efficacy and self –regulation in gender so that we can get a better generation in future. The present study exposed heuristic values for future researchers and theory development by illustrating the relationships among optimism, self-efficacy and self-regulation.

Limitations

However, the present study has some limitations. The study confined mainly Dhaka University, Noakhali University of Science and Technology and Patuakhali Science and Technology University, not cover all over the Bangladesh which is obstacle for generalization .The sample is 260 contrary to the population which is very low. On the other hand we considered only young adults, other ranges of people were not considered in the study. We hope despite these limitations the findings can serve as a base or open the door of further research of optimism, self-efficacy and self-regulation in Bangladesh.

Recommendations

Samples were selected using purposive and convenience sampling technique, but using randomization sampling technique, it would be increased generalization power and the study would be more representative. So, more profound research involving larger area based sample is necessary for better understanding. Other psychosocial variables could be included in the study but due to time and resources constrains it was not possible to consider all variables. So the study further research recommends including a great number of variables and with better methodological sophistication.

Conclusion

In modern era, optimism, self-efficacy, self-regulation all are significant issue. I think this research will be fruitful at this present time. I hope this study will help to select good employment in the industrial area. To make a good result in education field, this study can help the students. This research will also favor to make a healthy and strong personality. Self-regulated and self-efficacy people can control them and able to think logically. And thus, improving their social life, these people potentially contribute to make a developed society and country. After all, this research will be favored to search out these kinds of people.

Chapter-5

References

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Appendices

The following documents are attached at the appendix section

1. Personal Information Form
2. Revised Life Orientation Test (LOT-R)
3. General Self-Efficacy scale
4. Self-regulation Questionnaire (SRQ)