

Relation between Self-Efficacy and Physical Activity Level Among Yasouj Medical Science University Employees

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Abstract— The purpose of present study was investigating the relationship between self-efficacy and body activity level among Yasouj Medical Science University employees. This research was descriptive-survey and applied. Statistical population included all of Yasouj Medical Science University employees (2194 people) in 2012-2013. The sample size was determined 327 people. Measurement tools were General self-efficacy (GSE) and Bone-specific Physical Activity Questionnaire (BPAQ) questionnaire. SPSS software version 18 and descriptive statistics indexes such as frequency, percentage, minimum and maximum average of score, standard deviation, Pearson correlation coefficient, one sample t-test and variance analysis was used. Findings show that the level of self-efficacy of Medical Science University employees has significance difference with average level, but the body activity doesn't have significance difference with average level. Other results showed that a significance relationship between self-efficacy and employee's body activity.

Index Terms— Self-Efficacy, Yasouj Medical Science University, Body Activity Levels.

1 INTRODUCTION

MOVEMENT and mobility are obvious signs of organisms, especially humans. Human life at all stages, depending on the type and amount of physical activity has different needs that have to be answered (Abbas Zadegan, 2007). Sport will have broad impact in modern societies as a social tool in different areas. There are different divisions in different types of physical activity, from the perspective of Shephard (1992) physical activity divided into three levels: a) the level of work activity, b) the level of physical and sport activity and c) the level of leisure physical activity. Based on this classification, the level of physical activity related to work and job and refers to daily physical activities, work and job skills, that its purpose is the provide life, such as shopping, carrying things, children, agriculture and others. Level of physical activity was related to those activities that a person consciously engaging in sports (Championship - Amateur) it achieves, while the level of physical activity in leisure physical activity provides insight to those who are paying for their leisure time, such as entertainment walking. According to World Health Organization standards for health program accessible in addition to the physical, psychological and social dimensions are included, and this has caused social health should also be contemplated. So exercise and physical activity can be effective on general health. Public health is a concept that encompasses the physical and mental aspects. Public health is a concept that does mind being away from the disease, and all efforts by doctors and psychologists are to keep it healthy and prevent physical and mental impairment. Self-efficacy can be named as important variables in the mental health. This is actually the self-efficacy refers to the extent which a person recognizes his abilities and have confidence. In other words,

whether the person empowered in their fields and efficient knows or not? Self-efficacy is one of the factors influencing the mental health of people which entered the history of psychology by Bandura's (1977) article. Self-efficacy has been conceptualized and studied both as a state like concept called specific self-efficacy (SSE) (Gist & Mitchell, 1992; Lee & Bobko, 1994) and a trait like construct referred to as general self-efficacy (GSE) (Eden, 1988; Judge, Erez, & Bono, 1998). Wood & Bandura, (1989) defined self-efficacy as “beliefs in one’s capabilities to mobilize the motivation, cognitive responses, and courses of action needed to meet given situation demands”. On the other hand, Judge, et al. (1998) defined general self-efficacy as “individuals’ perception of their ability to perform across a variety of different situations”. According to Chen, Gully, & Eden, (2001), “GSE captures differences among individuals in their tendency to view themselves as capable of meeting task demands in a broad array of contexts”. Self-efficacy beliefs influence behaviors associated with human health in two ways: one via the effects of these beliefs on behaviors associated with individual health and the other via its effect on the performance of her life, namely the incidence of various diseases and the improvement of the disease process affects. Self-efficacy beliefs affect the way people think, how to deal with problems, emotional health, decision making, coping with stress and depression, access to targets that. Belief systems also play a role in improving behavior, health and life satisfaction and on the other hand many of the problems of people come from these beliefs. According to Bandura perceived inefficiency plays a role in depression, anxiety, stress and other emotional state plays. It can also lead to feelings and beliefs of emptiness. Siukaucheng and Stephens findings (2000) suggest that enhanced self-efficacy is associated with improved mental health. The study suggests that one of the ways of helping people who suffer from anxiety and depression is to increase self-efficacy and provide a social environment that is supportive. Furthermore, it has been observed that low self-efficacy and loneliness is associated with both

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depression and anxiety. Kim (2000) in his study on high school students came to the conclusion that the efficacy and some component of mental health (stress, anxiety, depression and hostility) are related. Any organization considering the contribution of her work in promoting social goals has a special importance in the community. Universities and medical colleges as an example of organizations are the two areas of medical education and health care work. According to the above mentioned activities and personnel associated with the various segments of the form of boarding, and above all skilled and trained to serve patients in the health of the organization are very important. And so if we can move toward health promotion staff can see increased employee productivity and efficiency of the organization. However, the aim of present study was to evaluation of relationship between self-efficacy and body activity level among Yasouj Medical Science University employees.

2 METHODOLOGY

The present research was descriptive and would be classified as relationship method. 323 employees of Yasouj Medical Science University were selected using multi-stage cluster sampling (Total employees was 2194). Data collection was conducted through a questionnaire.

3 INSTRUMENTS

General self-efficacy (GSE): The SGSES (Sherer et al., 1982) is a Likert format 17-item scale (example of items include: "When I make plans, I am certain I can make them work", "I give up easily", "I am a self-reliant person", "I avoid facing difficulties"). The response format is a 5-point scale (1 = strongly disagree, 5 = strongly agree). Sum of item scores reflects general self-efficacy. The higher the total score is, the more self-efficacious the respondent. Sherer et al. developed the GSE scale to measure "a general set of expectations that the individual carries into new situations" (p. 664). The SGSES has been the most widely used GSE measure. The SGSES was primarily developed for clinical and personality research. Later it has also been used in organizational settings. Reviewing various organizational studies, Chen et al. (2001) found internal consistency reliabilities of SGSES to be moderate to high ($\alpha = .76$ to $.89$). In two of their studies using samples of university students and managers, Chen et al. reported high internal consistency reliability for SGSES ($\alpha = .88$ to $.91$ respectively). With regard to temporal stability of SGSES, Chen & Gully (as cited in Chen, et al.) obtained a low test-retest estimate ($r = .23$) across only 3 weeks. However, Chen et al found high test-retest reliability ($r = .74$ and $.90$). Several studies have questioned the unidimensionality of SGSES. For example, Woodruff and Cashman (1993) found that SGSES items measure three distinct empirical factors reflecting self-perception of behaviour initiation, effort, and persistence. Recent investigations also have reported three-factor structure of SGSES (e.g., Bosscher & Smit, 1998; Chen et al. 2001).

Bone-specific Physical Activity Questionnaire (BPAQ): was administered to the participants to record type, frequency and years of current and historical physical activity involvement

(Weeks & Beck, 2008). Independent sections for past (from one year of age) and current (previous 12 months) regular activity facilitate examination of the temporal and age-specific effects of mechanical loading on the skeleton. Scoring is based on an algorithm which takes into account the osteogenic index principle described by Turner and Robling and ground reaction forces (GRF) (Turner & Robling, 2003).

4 DATA ANALYSIS

For data analysis, we used descriptive analysis, Pearson correlation and one sample t-test with SPSS software, version 18.

5 RESULTS

Gender characteristics, age distribution, marital status and education level of employees showed in tables 1, 2, 3 and 4, respectively. 55.4% of participants was male and 44.6% was female employees (Table 1), 41.1% of participants has 31-40 years and only 2.2% has higher than 50 years old (Table 2), 81.4% married and 17.3% was single employees (Table 3), higher than 51% of participants has bachelor's degree and other education levels distributed between under diploma to masters and higher (Table 4).

TABLE 1
GENDER CHARACTERISTICS OF PARTICIPANTS

Gender	Frequency	Percent of frequency
Male	179	55.4
Female	144	44.6
Total	323	100

TABLE 2
AGE CHARACTERISTICS OF PARTICIPANTS

Gender	Frequency	Percent of frequency
<30	84	26
31-40	133	41.2
41-50	86	26.6
>50	7	2.2
No answer	13	4
Total	323	100

TABLE 3
MARITAL STATUS OF PARTICIPANTS

Marital status	N	%
Single	56	17.3
Married	263	81.4
No answer	4	1.2
Total	323	100

TABLE 4
EDUCATION LEVEL OF PARTICIPANTS

Education level	N	%
Under diploma	8	2.5
Diploma	51	15.8
Associate degree	61	18.9
Bachelor's degree	165	51.1

Masters and higher	37	11.5
No answer	1	0.3
Total	323	100

Results showed that mean score of self-efficiency, work, exercise, leisure and physical activity among Yasouj Medical Science University employees are 38.9, 2.65, 2.36, 2.33 and 7.35, respectively (Tables 5 and 6).

Statistical analysis with one sample t-test showed that self-efficiency among employees has significance difference and acquired mean score has significance difference with assumed mean score (Table 7), while other comparisons showed that mean score of physical activity among employees has not significance difference with assumed mean score (Table 8).

Pearson correlation test showed significance positive relationship between self-efficiency and physical activity in Yasouj Medical Science University employees. These findings showed that physical activity can predicted the 20.7% of self-efficiency in Yasouj Medical Science University employees (Table 9).

TABLE 5
DESCRIPTIVE ANALYSIS OF SELF-EFFICIENCY SCORES IN EMPLOYEES

Variable	Min	Max	Mean	SD
Self-efficiency	21	46	38.9	6.9

TABLE 6
DESCRIPTIVE ANALYSIS OF PHYSICAL ACTIVITY AND ITS SUB-SCALES SCORES IN EMPLOYEES

Subscale	Mean	SD
Work	2.65	0.48
Exercise	2.36	0.68
Leisure	2.33	0.51
Physical activity (Total)	7.35	1.2

TABLE 7
ONE SAMPLE T-TEST ANALYZE OF SELF-EFFICIENCY SCORES FOR PARTICIPANTS

Variable	N	Mean	SD	Assumed mean	t	df	Sig
Self-efficiency	323	38.9	6.9	33.5	14.21	322	0.000

TABLE 8
ONE SAMPLE T-TEST ANALYZE OF PHYSICAL ACTIVITY SCORES FOR PARTICIPANTS

Variable	N	Mean	SD	Assumed mean	t	df	Sig
Physical activity	323	7.35	1.2	7.3	-0.56	322	0.56

TABLE 9
PEARSON CORRELATION BETWEEN SELF-EFFICIENCY-PHYSICAL ACTIVITY IN EMPLOYEES

Test	Self-efficiency-Physical activity
Pearson correlation	0.207
Sig	0.011

N	230
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6 DISCUSSION

Our findings showed significance positive relationship between self-efficiency and physical activity in Yasouj Medical Science University employees. These findings showed that physical activity can predicted the 20.7% of self-efficiency in Yasouj Medical Science University employees. Researchers believe that physical exercise and sport led to mirthfulness and increase all the personal and social health indicators. In this context, the role of exercise in improving the health of all people in general and employees in particular is striking. Consistently exercise of personnel an organization can reduce stress and anxiety, increase productivity, and improve staff commitment to organizational health. Self-efficacy is an important variable in the mental health. Self-efficacy is a concept closely associated with self-confidence and self-esteem may be implicitly associated with them. Coping with the stress caused by a person having ordinary skill efficacy, increased health and strength, pain, and even improve community relations will improve job performance. On this basis, and considering the findings obtained from this study, it is emphasized that any organization for growth and success requires several factors, that the efficacy of the health, social and physical activity are important and influential factors are considered. Mental health with physical activity being performed appropriate areas for better and provides related services, so that all employees with all their power to try to organizational success. So trying to improve each of these components, particularly the improved variables in this study seems necessary to increase organizational efficiency.

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