Prediction of academic performance: the role of perception of the class structure, motivation and cognitive variables

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Abstract

This research accomplished (performed) with the aim of studying of relevance between psychic and physical problems and self-efficacy of the mothers of mentally retarded students in Birjand. Sample of the research with quantity of 121 person was selected with the method of available sampling. Two questionnaires of quality of life SF-36 and Schewarzer’s general self-efficacy landed to the members of the sample to fill out. The system which was used for data analysis was correlation method. The results of statistic data analysis indicated that there is a meaningful, positive correlation between psychic and physical problems and self-efficacy of the mothers of these students. The mothers who live in their own house and the mothers who live in rented house (tenement) have meaningful differences regarded to self-efficacy and quality of life. There isn’t meaningful differences between mothers (this is correct too) of exceptional boy and the mothers of exceptional boy, regarded to self-efficacy and quality of life. The mothers with different levels of studies have meaningful differences in self-efficacy and quality of life.

Keywords: Self-Efficacy, Mothers of Students with Retardation

Introduction

Self-efficacy is one of key concepts in Bandura’s Social-Cognitive theory, who defined self-efficacy as “a person’s belief in his or her ability to mobilize motivations, cognitive sources and to exercise control on a particular situation” (Bandura, Barbaratelli & Postorelli, 1999, Forman & Owen.,1989) Mothers who have high self-efficacy, believe that they can change environmental events and those who have lower self-efficacy, believe that they can’t do important behavior, so self-efficacy can help mothers see realistically their children’s abilities and disabilities and have better beliefs –accepting current situation and solving it is better than complaining about it- in themselves and their children (Litt, Nye & Shafer., 1993). Therefore, if mothers have high self-efficacy, they will have better quality of life, since self-efficacy causes more rational beliefs and therefore, better quality of life (Longmore. & DeMaris, 1993).
Our problem in the research is to examine if there is a significant relationship between quality of life and self-efficacy of mothers of children with mental retardation?

The birth of a child with mental retardation has the highest effect on his or her family and it can result in various reactions such as psychic trauma, despair, anger, depression and guilt feeling, changing and weakening affectively, socially and economically family relations (McMillen, & Fisher, 1998). These factors reduce functions in these families. If these families see realistically their children’s abilities and disabilities, they will have better interactions with them. An investigation of the relationship between quality of life and self-efficacy of mothers of children with mental retardation can give solutions to improve their quality of life and increase their positive beliefs in life. And since a mother can have better a communication with her mental-retarded child, the results of the research which has so far investigated less in Iran, can take a step, though short, towards improving quality of life and self-efficacy of these mothers (Ryf, Essex, & Schmutte, 1994).

Different research has been conducted in related fields. In the following, there are some. Naziri (2001) in Khomein Shahr County in his research “an Investigation of the Effect of the Community Base Rehabilitation Program on Quality of Life of Individuals with Motor-Physical handicap” concluded that the CBR (community Base Rehabilitation) program had a significant effect on all dimensions of Quality of Life, except for on mental health index, and the effect of the program a mothers’ daily activities was more effective than fathers’ and in other cases, the effect on men and women was the same (Porter, & Hsu, 2003). Behdani (2007) in research “The Relationship of Mental Health and Quality of Life in Tehran University Students” concluded that students’ mental health had a direct association with their Quality of Life. As their quality of life improved, their mental health increased and their physical complaints affected their quality of life.

Quality of Life is one of important aspects for mothers of students with mental retardation. According to Bandura “self-efficacy beliefs can be reinforced in individuals” if there is a relationship between self-efficacy and quality of life, increasing self-efficacy beliefs can help mothers improve their quality of life. So, in the research, we seek to examine the relationship of the subscales of quality of life and self-efficacy of mothers of students with mental retardation (Rosenberg, 1979, Teti & Gelfand, 1991).

Research Method

The present research is a descriptive-analytical study which indicates the relationship between the subscales of quality of life and self-efficacy of mothers of students with mental retardation in Birjand city in 2008-2009. The study is cross-sectional and non-interventional and is conducted by questionnaires. It has applied results and in terms of research method is of correlative type, which is one of descriptive research types.

The statistical universe of the research were all mothers of mental-retarded students under coverage of Behzisti Organization, who one of their children were in primary and guidance schools in the 2008-2009 academic year. The number of students was 134 students (57 girls and 47 boys in primary schools, 13 girls and 17 boys in guidance schools).

To order to select mothers of children with mental retardation, the method of accessible sampling or available sample was used. Since the total number of students with mental retardation was 134 students, the sample included these students’ mothers, which 121 mothers filled out the questionnaires.

Findings

1. There is an association between self-efficacy and physical function restrictions of mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and physical function restrictions of mothers of students with mental retardation was 0.229, which is significant at the level of 0.012, indicating the hypothesis is confirmed and concluding that there is an association between self-efficacy and physical function restrictions of these mothers.

2. There is an association between self-efficacy and physical pair of mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and physical pair of mothers of students with mental retardation was -0.49, which is significant at the level of 0.001,
indicating the hypothesis is confirmed and concluding that there is an association between self-efficacy and physical pair.

3. There is an association between self-efficacy and physical health of mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and physical health of mothers of students with mental retardation was 0.45, which is significant at the level of 0.001, indicating the hypothesis is confirmed and concluding that there is an association between self-efficacy and physical health of the mothers of students with mental retardation.

4. There is an association between self-efficacy and mental problems of mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and mental problems of mothers of students with mental retardation was 0.39, which is significant at the level of 0.001, indicating the hypothesis is confirmed and concluding that there is an association between self-efficacy and health problems of the mothers of students with mental retardation.

5. There is an association between self-efficacy and social performance of mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and social performance of mothers of students with mental retardation was 0.013, which is significant at the level of 0.887, indicating the hypothesis is rejected and concluding that there is no association between self-efficacy and social performance of the mothers of students with mental retardation.

6. There is an association between self-efficacy and mental problems of mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and mental health of mothers of students with mental retardation was 0.39, which is significant at the level of 0.001, indicating the hypothesis is confirmed and concluding that there is an association between self-efficacy and mental health of the mothers of students with mental retardation.

7. There is an association between self-efficacy and general well-being in mothers of students with mental retardation: According to data collected in the research, the correlation between self-efficacy and public health of mothers of students with mental retardation was 0.65, which is significant at the level of 0.001, indicating the hypothesis is confirmed and concluding that there is an association between self-efficacy and general well-being of the mothers of students with mental retardation.

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