



The Impact of Motherly Involvement on Self-Efficacy
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Abstract

The purpose of the study was to determine if parental influence, specifically motherly involvement, had any impact on factors such as self-efficacy among students. The sample included 169 participants from the University of Louisiana at Monroe. The IRB approved survey included a brief demographics section, followed by the Perceptions of Parents Scale, HEXACO, and General Self-Efficacy Scale. A One-way ANOVA was conducted to compare the effect of motherly involvement on student self-efficacy. Results showed the effect of motherly involvement was significant on self-efficacy among students ($F(23, 145)=1.952, p = .01$). These results suggest that motherly involvement has a significant relationship one's self-efficacy.

Introduction

Self-efficacy is an individual's belief about their capability to produce designated levels of performance that exercise influence over events that affect their life. These beliefs may determine how one feels, thinks, is self-motivated, and behaves (Bandura, 2010). One's level of self-efficacy affects life choices, level of motivation, quality of functioning, resilience to adversity, and vulnerability to stress and depression (Bandura, 2010). For instance, an individual with high self-efficacy will view life as theirs to exert control over, perceiving tasks and challenges as opportunities to learn, grow, and succeed. However, an individual with low self-efficacy will have low aspirations and weak commitment to personal goals as they perceive event outcomes are mostly outside of their control (Bandura, 2010).

Parental involvement as a construct has an inconsistent definition (Boonk et. al., 2018). However, taking an inclusive understanding of parental involvement, it is best understood as a parent's dedication of resources (time, energy, emotions, etc.) to his or her child (Grolnick & Slowiaczek, 1994). Previous research has shown that parental involvement is strongly associated with child well-being (Flouri & Buchanan, 2003; Wenk et. al., 1994).

Motherly involvement may be likewise understood as a mother's dedication of resources to her child (Grolnick & Slowiaczek, 1994). Flouri and Buchanan (2003) found that perceived maternal involvement was significantly related to self-efficacy via self-reported happiness. The degree of perceived maternal involvement was significantly related to self-reported happiness which was positively related to self-efficacy.

Methods

The study included 169 undergraduate students from the University of Louisiana at Monroe. The study was approved by the university's Institutional Review Board (IRB). The study consisted of a brief consent form, followed by a demographics form and a questionnaire. The questionnaire consisted of the Perception of Parents Scale, HEXACO, and General Self-Efficacy scale.

Results

A One-way ANOVA was conducted to compare the effect of motherly involvement on student self-efficacy. Results showed the effect of motherly involvement was significant on self-efficacy among students ($F(23, 145)=1.952, p = .01$).

Figure #1

Tests of Between-Subjects Effects

Dependent Variable: Self-Efficacy

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	664.131 ^a	23	28.875	1.952	.009
Intercept	60983.346	1	60983.346	4122.363	.000
MotherInvolvement	664.131	23	28.875	1.952	.009
Error	2145.028	145	14.793		
Total	167333.000	169			
Corrected Total	2809.160	168			

Discussion

The results of this study suggest that motherly involvement has a significant relationship with one's self-efficacy. Self-efficacy, understood as one's belief about their capability to produce designated levels of performance that exercise influence over events that affect their life, has been shown to determine how one feels, thinks, is self-motivated, and behaves (Bandura, 2010). One's level of self-efficacy is crucial to one's quality of life as self-efficacy affects life choices, level of motivation, quality of functioning, resilience to adversity, and vulnerability to stress and depression (Bandura, 2010). Motherly involvement is understood as a mother's dedication of resources to her child (Grolnick & Slowiaczek, 1994). Thus, this study suggests that there is a significant relationship between the level of motherly involvement in a student's life and the student's level of self-efficacy. This relationship has implications on parenting practices in the realms of academic success, life-outcomes, and child life satisfaction. Further research is needed to understand the relationship between self-efficacy and motherly involvement – particularly, how motherly involvement, and parental involvement broadly understood, influences children's self-efficacy.

References

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