

Level Of Coping Self Efficacy Among Youth In Fishermen Community, Alappuzha District, Kerala



(Garsho Rahul^{1*}, & Dr. D Nirmala²)

^{1*}PhD Scholar, Department. of Social Work, Bharathidasan University, Khajamalai Campus Tiruchirappalli)

²Associate Professor, Department. of Social Work, Bharathidasan University, Khajamalai Campus ,Tiruchirappalli)

Abstract

The ultimate development of every community is confided on the bright future of the youth. The development of youth is closely associated on the proper care and attention which they are getting from the state, society and community. The youth in fishermen community are facing lot of psycho-social problems and challenges and it also affects their physical and mental well being. The level of coping self efficacy among the youth in this community is very low. The same findings reported by Frank Elgar in his study conducted on 2013 among the resilience and strategy of self efficacy among youth in fishermen community. Coping of stress in life is very much important for the overall mental wellbeing and development. Self-efficacy denotes people's beliefs about their ability to perform in different situations. It functions as a multilevel and multifaceted set of beliefs that influences how people feel, think, motivate themselves, and behave during various tasks. Self efficacy of youth is closely associated with the cognitive, motivational, affective, and selection processes to generate actual performance and personal experiences. Between 18 to 29 years old youth in fishermen community are facing lot of psycho-social problems and challenges. The character of a person is moulded in this period only. In this study the researcher adopted quantitative research design which is descriptive in nature. 40 samples were selected through simple random sampling method from the population. Coping Self Efficacy Scale (CSES) developed by Chesney et al. (2006), was used. The paper will conclude with strategies to enhance self-efficacy among the youth.

Keywords; Fishermen community, Youth, Self efficacy

Introduction

Self-efficacy refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments and Self-efficacy reflects confidence in the ability to exert control over one's own motivation, behavior, and social environment. (Bandura, 1977, 1986, 1997). These cognitive self-evaluations influence all manner of human experience, including the goals for which people strive, the amount of energy expended towards goal achievement, and likelihood of attaining particular levels of behavioral performance. Unlike traditional psychological constructs, self-efficacy beliefs are hypothesized to vary depending on the domain of functioning and circumstances surrounding the occurrence of behavior. Self-efficacy is seen as an essential element that contributes to youth's well-being. This is supported by Meyer and Kim (2000) which stated self-efficacy is a psychological mediator of mental and social wellbeing health and overall accomplishment of the youngsters.

Development of every community is depended on the bright future of youth. The development of youth is closely associated and depended on the proper care and attention which they are getting on the state, society and community. Through proper care, attention and support they can mould and build a better future and success life. In this age

especially 18 to 29 the youth are facing lot of psycho-social problems and challenges. The findings closely associated with the study conducted by Manoj Kumar Sharma in 2019 among fishermen community of Kerala. . The character of a person is moulded in this life time. Family problems, personal conflicts, occupational stress, marital conflicts faced by them. These challenges adversely affect their mental and physical well being there by the level of coping self efficacy. The coping of life stress and the level of self efficacy among the youth in fishermen community should be addressed. The community is backward economically and academically. There is no proper guidance or attention they get from anywhere else. The majority of youth in this community is addicted alcoholism and other substances. The level of resilience among the youth is very low because they are not able to cope with even normal stress of their life without alcoholism or other substance abuse. Mental wellbeing is equally important with physical well being. In this context proper attention is needed for youth in fishermen community for improving their physical and mental wellbeing along with the level of resilience.

Youth are the future of every nation. The level of resilience among the youth in this community is very low. Coping of stress in the life is very much more important for the overall mental wellbeing

and development. The youth in this community depended on alcoholism and other substance abuse for overcome the stress full situation in the life. Love failure, marital conflicts, family problems, unemployment due to the lack of proper education also affecting their mental well being negatively and the level of resilience. The alcoholism related to the occupational stress, marital conflicts related to the unemployment, family problems related to the causes of alcoholism and divorce, suicides due to love failure. These problems show the low level of resilience and lack of capacity to overcome or cope with the stress. Marital conflicts and related divorces are also rising among youth in fishermen community of Kerala. It shows the low level of resilience and the capacity to cope with the stress should be addressed in a scientific manner for good mental well being of youth in the community. Self efficacy is an individual's or collective's ability to undertake the process of adaptation to stressors present in the environment or to chronic stress situation. It can be developed through prior experiences of successful adaptations in his life. In any of challenges or issues he facing due to these adaptations it will adversely affect the coping self efficacy of youth. The study will be helpful for the micro level intervention of social work for youth life and determine the problems.

Review of Literature

Frank Elgar, (2013), Coping and behavioral problems in a fishermen community sample of adolescents. Despite challenging socioeconomic conditions in rural areas, levels of stress and ways of coping were similar in rural and urban adolescents in maritime community. However, urban males reported more conflict and externalizing behaviors than females and rural males. Stress, coping, and behavioral problems were interrelated but approach coping did not moderate the influence of stress on psychological functioning. Results suggest that adolescents may utilize many coping strategies that serve little benefit in terms of behavioral outcomes.

Harikrishnan U(2018), conducted a study among youth in undergraduate students in fishermen community of Kollam district, Kerala. Self efficacy decrease the risk of psychological distress enhances self-esteem, it also helps in developing effective coping mechanisms when faced with stress and trauma. A cross-sectional study among undergraduate students from arts and commerce background was selected through the purposive sampling method. Findings of the study show that there is a need to develop self efficacy based interventions among university students to prevent psychological distress.

Wolin S (2019), conducted a study among substance abuse youth of fishermen community Australia Unlike traditional risk paradigms, the Challenge Model incorporates both the resilience and the vulnerabilities that can result from struggling with hardship early in life. A developmental vocabulary of strengths is provided for pediatricians to use in research, clinical thinking, and treatment and prevention efforts with COAs.

Manoj Kumar Sharma (2019), conducted a study among youth in fishermen community of Kannur district on the topic of Prevalence and Psychosocial Factors of Aggression among Youth. The present study assesses the prevalence of aggression among youth and to assess the risk factors of aggression among youth. He reported that Youth indulgence and themselves in various aggressive behaviors leading to significant psychosocial dysfunctions.

Materials and method

The main aim and objective of the study is (i) to study the socio-demographic characteristics of the youth in fishermen community (ii) to know the level of coping self efficacy among youth in fishermen community (iii) to give suitable suggestions and social work interventions for enhance the level of self efficacy among the youth in fishermen community. Descriptive research design was adopted in this study. 40 samples were selected among the youth in fishermen community from Alappuzha district, Kerala using simple random sampling method. Researcher used interview schedule for collecting data among the required population. Self structured questionnaire and Coping Self Efficacy scale (CSES) developed by Chesney in 2006 is the major tool was used by the researcher. The self structured questionnaire was used to collect the data related to demographic characteristics and CSES was used to understand the level of self efficacy among the youth in fishermen community. The CSES is a 26-item measure of one's confidence in performing coping behaviour when facing life challenges. Respondents are asked to rate on an 11-point Likert scale the extent to which they believe they could perform behaviours important to adaptive coping (anchors 0 – "cannot do at all", 5 – "moderately certain can do", and 10 – "certain can do"). Item scores are summated to create an overall CSES score (maximum 260). The higher the score indicate the higher the levels of coping self-efficacy. and lowest score indicate lower level of self efficacy.

Results

Based on the information gathered from the respondents in this study following results are drawn

SOCIO-DEMOGRAPHIC CHARACTERISTICS OF THE RESPONDENTS AGE OF THE RESPONDENTS (Figure 1.1)

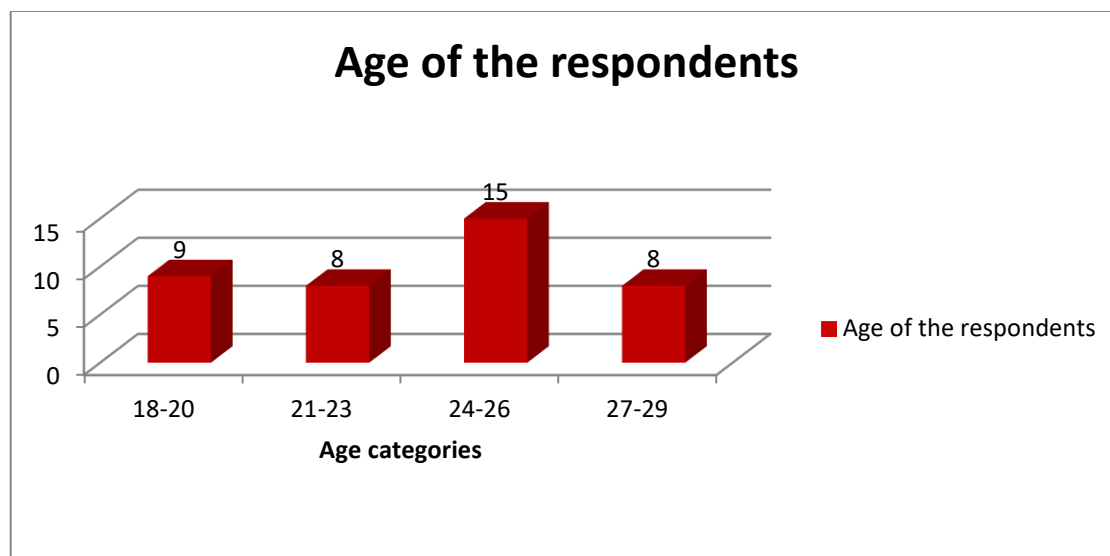


Figure 1.1

Figure 1.1 shows the age categories of selected respondents in this study. The researcher divides the respondents into four category of age group. Total 40 samples were selected for the study, which include the youth of 18-29 years age groups. 22% of youth were selected in this study under the age

group of 18-20 years. 20% of youth in this study belongs in the age group of 21-24 years age category. 38% of youths in this study belongs the age category of 24-26 years of age. Remains 20% youths in this study belongs the age group of 27-29 years.

OCCUPATIONAL STATUS OF THE RESPONDENTS (Figure 1.2)

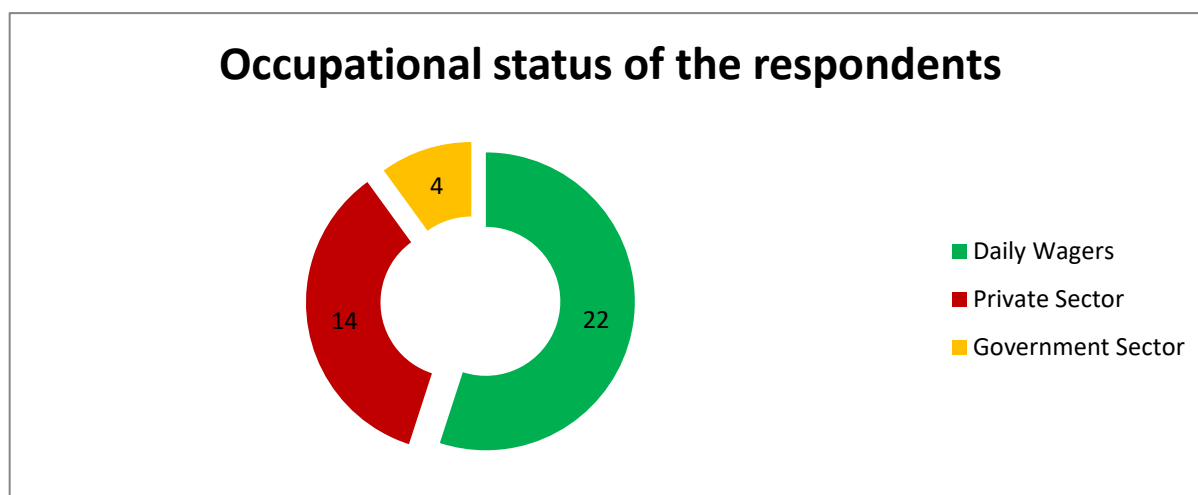


Figure 1.2

The figure 1.2 shows more than half of the respondents about 55% of the total populations are daily wagers and belongs to unorganized sector.

Nearly one third of the respondents 35% belong to private sector and 10% of the total sample belong to government sector

FAMILY STRUCTURE OF THE RESPONDENTS (Table 1.1)

Age category of the respondents	Joint family Frequency	Nuclear family Frequency	Total percentage
18-20 years	3	6	22%
21-23 years	2	6	20%
24-26 years	2	13	38%
27-29 years	1	7	20%

Table 1.1

Table 1.1 shows the number of respondents on the basis of their family. Among the total population 22% belong to the age category of 18-20 years. 20% of the total respondents belong in the age category

of 21-23 years. 38% of the total respondents are in the age category of 24-26 years. 20% of remaining population belongs in the last category of age group 27-29 years.

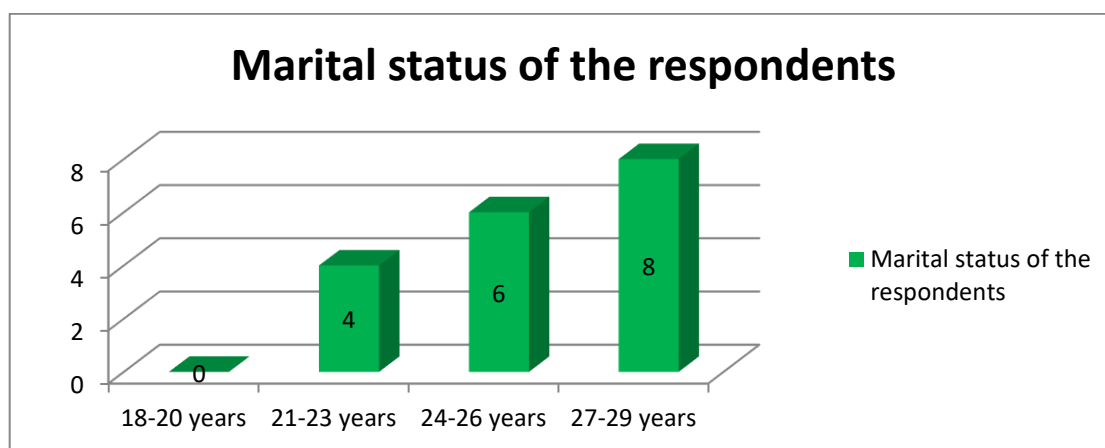
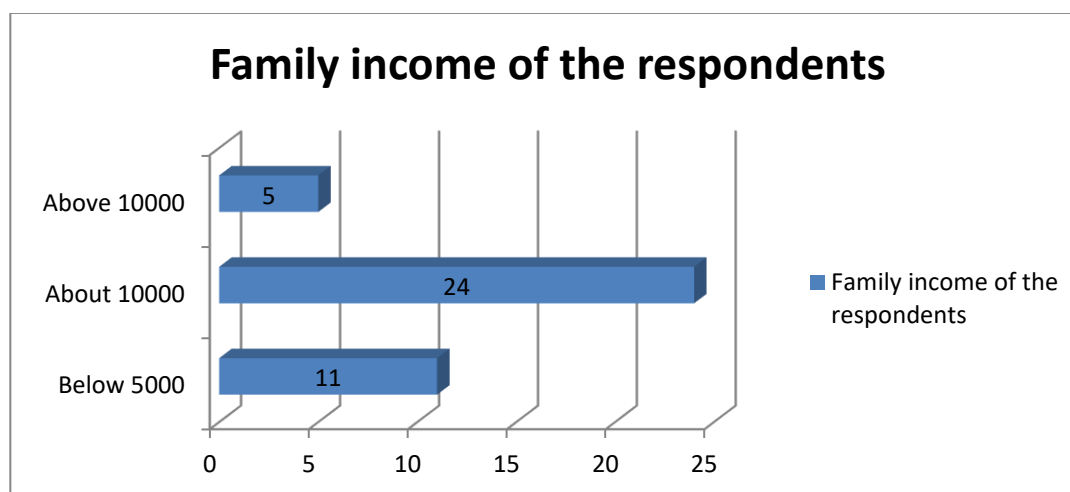
MARITAL STATUS AMONG THE RESPONDENTS (Figure 1.3)**Figure 1.3**

Figure 1.3 above shows the marital status among the respondents in this study. About 45% of the total respondents in this study are married. Among the age category of 21-23 years 10% of respondents are married it was early marriage among them. 15%

respondents in the age category of 24-26 years are married and living in nuclear family. 20% of respondents in the last age category of the study 27-29 years are married and living with their children.

FAMILY INCOME OF THE RESPONDENTS Figure 1.4**Figure 1.4**

The figure 1.4 above shows the family income of the respondents in this study. About 28% of the respondents in this study belong to lower economic division their monthly income is below 5000 rupees only they are daily wagers and seasonal employers in nature. More than half of the respondents in this

study about 60% belong to the middle class economic division their monthly income is above 10000 rupees. They were belonging to private job sector. Remaining 12% of the respondents belong to higher economic division.

TYPE OF ALCOHOL CONSUMPTION AMONG THE RESPONDENTS (Figure 1.5)

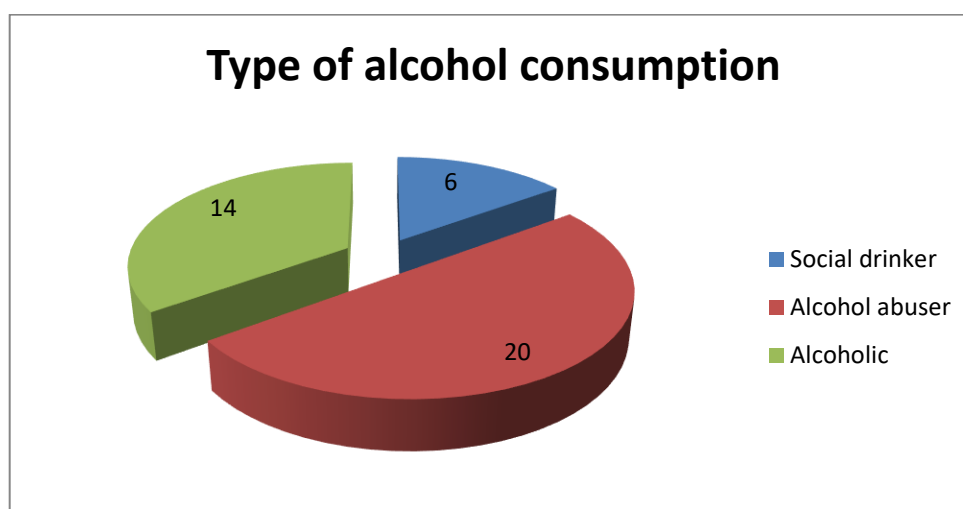


Figure 1.5

Figure 1.5 above shows that the type of alcohol consumption among the respondents. About 15% of the total respondents are social drinkers they occasionally consume alcohol. Probably they don't have any severe problems they mostly belong to high economic division. Half of the respondents in this study, 50% are alcohol abusers they were wagers and private job holders, who begins to take

their alcohol consumption too far and consuming regularly. More than one third of the respondents 35%, are alcoholic they completely addicted on alcohol consumption and using alcohol more than one time in a single day. These categories of respondents have very low level of self efficacy because they completely depends alcohol to overcome their problems.

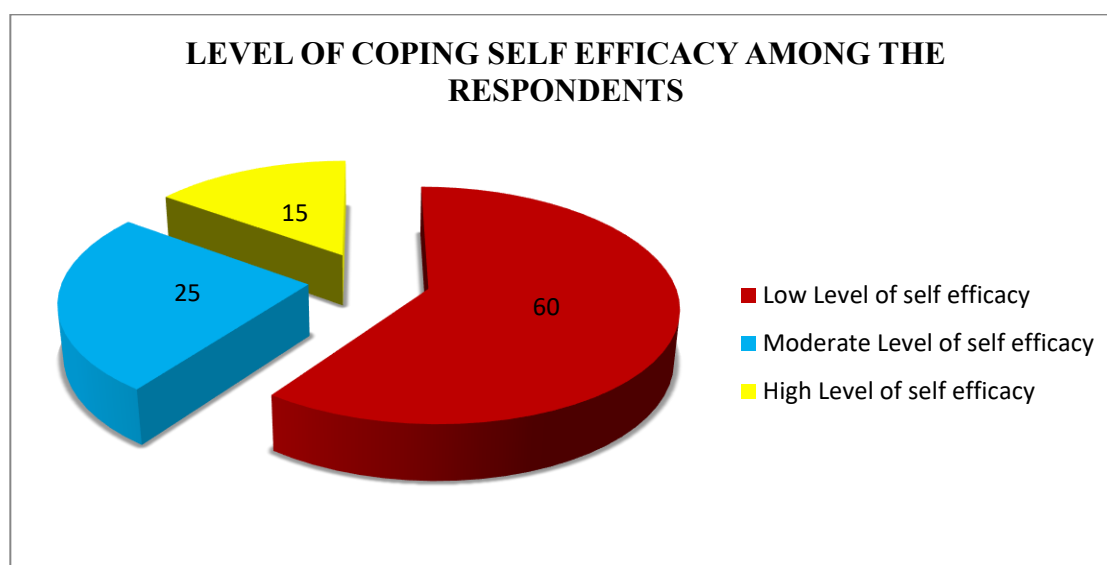


Figure 2.1

The figure 2.1 above shows the level of coping self efficacy among youth in fishermen community of Alappuzha district, Kerala. The data were collected from the youth in the age category of 18-29 years among the above mentioned population by using Coping Self Efficacy Scale (Chesney et al., 2006). 40 respondents were selected the study from required population using simple random sampling. About 60% of the respondents have only low level of self efficacy to cope and deal with their events in day by day life. 25% of the total sample approximately has only moderate level of self efficacy to cope with their stress and problems of personnel and family life. Only 15% of the respondents have high level of self efficacy to deal and cope with their problems.

MAJOR FINDINGS

- Nearly one fourth of the respondents belong to unorganized job sector and day laborer
- Nearly 80% of the respondents belong to nuclear family
- Early marriage among youth in fishermen community is high
- More than half of the respondents belong to middle class economy. Most of the youth in this study day laborer and the job is seasonal in nature.
- More than 60% of the respondents in this study had lower level self efficacy only.

SUGGESTIONS AND RECOMMENDATION

❖ Enhancing the self-efficacy and overall well-being of youth in the fishermen's community requires a multi-dimensional social work approach. Given that more than 60% of the respondents in this study exhibited a lower level of self-efficacy, social workers and community organizers must take proactive steps to provide proper guidance and emotional support. This includes fostering a sense of self-belief among youth, encouraging personal growth, and helping them develop problem-solving skills to navigate life's challenges.

❖ Social workers should actively motivate youth by offering resources and psychological aids that contribute to both internal and external self-efficacy development. By creating access to skill-building programs, mentoring initiatives, and peer-support networks, they can help young individuals gain confidence in their abilities. Cognitive Behavioral Therapy (CBT) and its techniques can be particularly useful in addressing negative thought patterns and reinforcing positive behavioral changes, enabling respondents to improve their self-efficacy and coping mechanisms.

❖ Stress Management Therapy plays a crucial role in helping youth manage emotional conflicts and psychological distress. Social workers can introduce

structured programs that teach effective stress-relief techniques, such as deep breathing exercises, progressive muscle relaxation, and cognitive restructuring. Additionally, setting long-term goals and guiding youngsters to achieve them gradually helps build a sense of accomplishment and resilience. Providing a platform for open discussions where youth can share their struggles and strategies fosters emotional resilience and collective problem-solving.

❖ To ensure holistic development, social workers should provide academic and career guidance from an early stage of schooling. This early intervention helps students make informed choices about their future, improving their motivation and self-confidence. Addressing substance abuse is another critical aspect of intervention, as alcoholism remains a significant issue in many fishing communities. Organizing and conducting sensitization programs on the ill effects of alcoholism can help raise awareness and prevent addiction-related problems among youth.

❖ Counseling services should be made accessible to provide personalized psychological support to those facing stress, anxiety, and low self-esteem. Meditation programs and techniques like Jacobson's Progressive Muscle Relaxation (PMR) can further help youth manage stress, reduce anxiety, and improve overall mental well-being. These evidence-based relaxation techniques contribute to both physiological and psychological balance, promoting a healthier and more resilient community.

Conclusion

Coping self-efficacy significantly is positively predicted the emotional and psychological dimensions of psychosocial well-being among the youth. Coping self efficacy is an individual's or collective's ability to undertake the process of adaptation to stressors present in the environment or to chronic stress situation. It can be developed through prior experiences of successful adaptations in his life. Psychosocial well-being was associated with of a lower risk for symptoms of depression, anxiety, and stress in these young people of fishermen community. Well being is an important factor that influencing the overall development and social health of every individual. Several factors can be affecting the overall psycho-social well-being and level of self efficacy among the youth in fishermen community. The findings of the present study clearly indicate that vast majority of youth in this particular community have lowest level of self efficacy only. Socio-demographic characteristics are strongly influencing the self efficacy of the youth in fishermen community. Mostly the youth in

fishermen community are facing the challenges and struggles to cope with the stress and events in their daily life. It clearly defines the lower level of self efficacy among them. They need proper attention and social work interventions to improve their level of self efficacy

Conflict of Interests

The author declares that there are no financial or non-financial conflicts of interest related to this study. No funding, grants, or financial support were received from any organization or institution that could have influenced the research process, findings, or conclusions presented in this paper. Additionally, the author has no personal, professional, or institutional affiliations that may be perceived as influencing the objectivity or integrity of the study.

Ethical Review and Institutional Approval

This study was conducted in accordance with ethical guidelines to ensure the protection, dignity, and well-being of all participants. Prior to data collection, ethical approval was sought and obtained from the **Institutional Department Ethical cum Doctoral Committee of the Department of Social Work, Bharathidasan University, Tiruchirappalli**. The committee rigorously reviewed the research proposal, ensuring that the study adhered to ethical principles, including voluntary participation, informed consent, confidentiality, and the right to withdraw at any stage.

Necessary permissions were granted following a thorough evaluation of the research objectives, methodology, and potential ethical concerns. The study followed ethical standards as prescribed by institutional and academic research norms, ensuring that participants' rights and well-being were safeguarded throughout the research process. Additionally, the researcher adhered to ethical considerations in data collection, storage, and reporting, maintaining transparency and academic integrity.

Informed Concern

In accordance with ethical research practices, informed consent was obtained from all respondents prior to their participation in the study. The purpose, objectives, methodology, potential risks, and benefits of the research were clearly explained to the participants in a language they could understand. Participants were assured of their voluntary participation and informed that they had the right to withdraw from the study at any stage without any consequences.

Confidentiality and anonymity were strictly maintained, ensuring that no personally identifiable information was disclosed. Written consent was obtained from each participant, signifying their willingness to participate in the study. Additionally, respondents were given an opportunity to ask questions and seek clarifications before signing the consent form, ensuring that their participation was based on informed decision-making.

The study adhered to ethical guidelines and principles set forth by the Institutional Department Ethical cum Doctoral Committee of Bharathidasan University, Tiruchirappalli, to ensure the protection and well-being of all participants.

REFERENCE

- Bandura, A. (1977). *Self-efficacy: Toward a unifying theory of behavioral change*. Psychological Review, 84(2), 191-215.
- Bandura, A. (1997) *Self-Efficacy. The Exercise of Control*, New York: W. H. Freeman and Company.
- Chesney, M. A., Neilands, T. B., Chambers, D. B., Taylor, J. M., & Folkman, S. (2006). A validity and reliability study of the coping self-efficacy scale. *British journal of health psychology*, 11(3), 421-437. doi:10.1348/135910705X53155
- Frank Elgar (2010). *Coping and Psychological distress in youths among fishermen community: A comparison with general population data*. *Australian Psychologist*, 45(4), 249-257. doi:10.1080/00050067.2010.482109
- Harikrishnan U(2018) *self esteem and coping strategy among costal youth community in Kerala, India*. *Disasters*. 2015 Jan;39(1):69-85. doi: 10.1111/disa.12094. Epub 2014 Sep 18. PMID: 25230704.
- Wolin S (2019), Hartman, R. O., Betz, N. E. (2007). *The five-factor model and career self-efficacy: General and domain-specific relationships*. *Journal of Career Assessment*, 15, 145-161.
- Alfano, C. A., Zakem, A. H., Costa, N. M., Taylor, L. K., & Weems, C. F. (2009). Sleep problems and their relation to cognitive factors, anxiety, and depressive symptoms in adolescents and youth. *Depression and Anxiety*, 26, 503-512. <https://doi.org/10.1002/da.20443>.
- Bacchini, D., & Magliulo, F. (2003). Self-image and perceived self-efficacy during adolescence. *Journal of Youth and Adolescence*, 32(5), 337-349. <https://doi.org/10.1023/A:1024969914672>.
- Puspalthaa Armum Faculty of Education, National University of Malaysia, Bangi, Malaysia & Kalaivani Chellappan, (2015), *Social and emotional self-efficacy of adolescents:*

*measured and analysed interdependencies within
and across academic achievement level*
<https://doi.org/10.1080/02673843.2015.1067894>